WHERE GOOD TASTE MEETS GOOD HEALTH
EatingWell®
MAY/JUNE 2016
EAT MORE VEG!
33 Delicious Ways
ONE BOWL, FIVE DESSERTS So Simple!
GET GUT-HEALTHY HERE'S HOW
42 Fresh & Easy SUMMER RECIPES
Best finds at the farmers' market, page 24

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- 1 cup cucumber, peeled, seeded, and diced
- ¼ cup chopped green onion
- 2 Tbsp chopped fresh dill
- 2 Tbsp mayonnaise
- ½ Tbsp Dijon mustard
- ⅛ tsp ground black pepper
- 8 lettuce leaves
- 8 slices whole wheat bread
- 1 medium tomato, sliced

DIRECTIONS

Combine tuna, cucumber, onion, dill, mayonnaise, mustard, and pepper. Serve on a bed of lettuce with tomatoes or on whole wheat bread for a sandwich.

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NORDIC NATURALS®

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Summer produce is here and so is our new cookbook, *EatingWell Vegetables*. Six chefs share their best recipes to celebrate the moment and help inspire us all to pile our plates with delicious vegetables.

103 How the Government Decides What You Eat
When the first dietary guidelines were released in 1980, there were seven rules. Today, the 53,000 words in the 2015 guidelines have been fought over by countless factions. Who has our best health in mind?
BY GEORGINA GUSTIN

ON THE COVER & THIS PAGE: LEIGH BEISCH; STYLING: DAN BECKER (FOOD), GLENN JENKINS (PROPS)

Good Food Forever

JESSIE PRICE
EDITOR@EATINGWELL.COM

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Even here in Vermont (where *EatingWell* is), we struggle with the environmental impact of raising cows for meat and dairy. The most visible effect is on water quality in nearby Lake Champlain.

For a fleeting moment about a year ago it seemed that the U.S. government might do something that would have a monumental impact on the push for better food. It was February 2015 when the recommendation came out: sustainability should be part of the Dietary Guidelines for Americans and, to that end, Americans should eat less meat. The recommendations drew a simple, bold line in the sand that said keeping the Earth and our food supply viable for future generations was an important goal, right up there with making meals balanced.

Both as a cook who goes out of my way to make better food choices and as editor of this magazine, this seemed like a totally laudable idea. Consider this stat from the Environmental Working Group: the effect of a family of four skipping a steak dinner once a week is like taking a car off the road for three months. But within weeks of those recommendations, it was clear there was little chance that sustainability-focused advice would make its way into the final document.

You see, the dietary guidelines that inform everything from school lunches to food labels are as much about politics as science. On page 103, we give you a peek into how those latest guidelines were influenced and ideas for improving the process for the future.

There's another hot mess brewing in food politics right now: the struggle over the word "natural" on food packages. Thirty-five percent of Americans believe "natural" means a food is healthier, according to a 2014 Hartman Group report. And yet for most foods, except meat, there is no regulated definition. Carrots can be labeled "natural"... and so can Cheetos. On page 22 we tackle the great "natural" debate and hear two experts weigh in on whether GMOs should be allowed in foods with the "natural" label.

Now before you think this issue of the magazine is all about getting you riled up about food policy, let me point you to page 93. Here we take a deep breath and focus in on one simple idea: eating more vegetables. With just this one change, most of us would immediately improve our diets. And with farmers' markets brimming this time of year, it's especially delicious to do. To start you on your vegetable kick, we've included amazing recipes from six chefs. We put this story together to celebrate the release of our new cookbook, *EatingWell Vegetables*, which hits bookstores in June. It's 500 pages packed full of knowledge, tips, techniques and recipes aimed at making sure you get your veg on every day.

Compared with the machinations of government food policy and the specter of global warming, the topic of vegetables for a book sounds almost quaint. But when it comes to making positive changes, eating more vegetables has another powerful benefit: it's one of the easiest ways we can eat less meat, lighten our impact on the environment and help ensure we have good food forever.

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FEEDBACK

@EatingWell I've been wondering about functional fibers & their place in the diet. Thank you for an educated answer!
@khorrell1
["You Need This," p. 100, March/April issue]

I just subscribed to your website and found the Diabetes Meal Plan. It is the most comprehensive plan for diabetics I have seen. I am extremely grateful.
Jorge Blanco, Claverack, NY
Find our meal plans at eatingwell.com/webextra

"Love this recipe from the March/April issue of @eatingwell magazine! Baked eggs, tomatoes and chiles [Shakshuka]. Totally recommend and totally will be making this one again!" @littlelegumesnutrition

Show us what you make from this issue. Use #EatingWellMagazine on Instagram and tag @EatingWell. Your photo could be featured here!

FOLLOW NOW @DaniNierenberg

Is Canada's Food Guide due for an overhaul? What's California's agricultural future? Tweets from Danielle Nierenberg, co-founder and president of Food Tank—a nonprofit research organization fighting for food-system change—will make you smarter about all sorts of global food issues like these. Danielle (*above left, in Kenya*) told us food waste (and the methane it emits in landfills) is one issue that's front and center for her right now. And she's excited to see mobilization around it in America. "You have groups like the Food Recovery Network, working with college students to prevent food waste on campuses," she says, "The USDA's initiative to really cut food waste over the next couple of years. And recent proposed legislation by Congresswoman Chellie Pingree [D-Maine] to federally regulate 'sell-by' dates [on foods] and [institute] measures to prevent food waste from grocery stores." These moves, she adds, "will go a long way—in not just solving our hunger crisis, but the climate crisis as well." —*Lucy M. Casale*

#HEALTHYHACK

"Process lemon halves after you juice them to chop them finely. Freeze in ice cube trays as instant flavor bombs for teas, soups, stews and citrus rubs. You can also do this with oranges and limes."

Debra Thompson
LAHAINA, HI

THE QUIZ

How Well Do You Know This Issue?

1) Leafy Green Machines are freight cars turned into what?
A. Mobile farmers' markets
B. Cannabis-cookie factories
C. Hydroponic farms
D. Composting containers

2) What compound is responsible for the crimson color of red rice?
A. Anthocyanins
B. Astaxanthin
C. Aldehyde
D. Zeaxanthin

3) Which of these is *not* a variety of North American salmon?
A. Silvers
B. Pinks
C. Pearls
D. Reds

ANSWERS: 1=C (p.30); 2=A (p.56); 3=C (p.78)

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THE BIG QUESTION

What are your favorite farmers' market finds?

"I love Freedom Farmers' Market in Atlanta for flours, grits and wheat berries from DaySpring Farms: it's a wonderful grain farm, raising grains in a beautiful and sustainable way."
Hugh Acheson, Chef
(See "Eat More Veg!" p. 93.)

"A box of cherry tomatoes, with the dirt still on them, grown by Brooklyn Rescue Mission Urban Harvest Center. They're picked minutes before the Malcolm X Blvd./ Marcy Plaza Farmers' Markets opens."
Amy Sharp

"Cheese curds from Brunkow Cheese at the Green City Market [in Chicago]. And in the fall, the honeycrisp apple cider from Seedling."
Sara Schmidt Gronowski

"Asparagus from Warner Farm in Sunderland, MA, at the Winchester Farmers' Market. There is no late spring vegetable like it in the world. Why else would it be called Asparagus Valley?"
Kyle Cahill

MORE MARKET LOVE?
See our guide to the Dane County Farmers' Market, p.24

Score this **Sur La Table Mosser Buttercream Cake Stand** to show off a fluffy cake or our Apricot-Strawberry Tart (*page 84*). Enter for a chance to win it on May 4 (just in time to surprise Mom for Mother's Day) at **EatingWell.com/ WinStand**

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TRANSFORMATIONS

Weight Loss 2.0

Michael Neidlinger braced himself for the Diamondback—Ohio's Kings Island 80 mph roller coaster—but, before the ride could start, park employees asked him to step off. The 31-year-old's lap bar wouldn't fully click. "I had to make the walk of shame," Michael says. "At that point I had never been more motivated to do anything in my entire life."

That Saturday in June 2014 was the day the 5'11" Cincinnati resident resolved to trim down his 326-pound frame. A "steak and taters kind of guy," Michael knew his diet had to change. So he downloaded the app MyFitnessPal and started logging everything he ate: "It became clear that I was making very poor choices." He added more fruits and vegetables, and cut out soda and sports drinks. He also transitioned from two large meals a day to three portioned meals, with low-calorie snacks in between.

He addressed his lack of physical activity with another app: Couch to 5K. At first, he could barely walk a quarter mile. After four months, he ran a 5K and kept running. To cross-train, he bought a mountain bike and joined a gym to lift weights.

Today, Michael is 100 pounds lighter since that life-changing roller-coaster rejection. He continues to log everything he eats in MyFitnessPal, and now tracks his exercise progress with a Garmin Vivosmart, Garmin Edge 520 (cycling computer) and Garmin Forerunner 220 (runner's watch), all synced to his Garmin Connect app. Sharing updates and photos on Instagram, Facebook and Google Plus motivates him and keeps him honest. "If I throw in the towel, then a bunch of people will notice."

To celebrate his weight loss, Michael bought his family season passes to Kings Island. And the Diamondback? "I've definitely ridden it a couple times since." —*L.M.C.*

SEND US YOUR STORY! Email editor@eatingwell.com

Michael logs runs and bike rides in Strava, an app where athletes vie for the top spot in online leaderboards.
before
after

J'NA WESTPHALEN, STYLING BREANA LAFOOD; MOLLY VELTE TRUJIS; COURTESY MICHAEL NEIDLINGER

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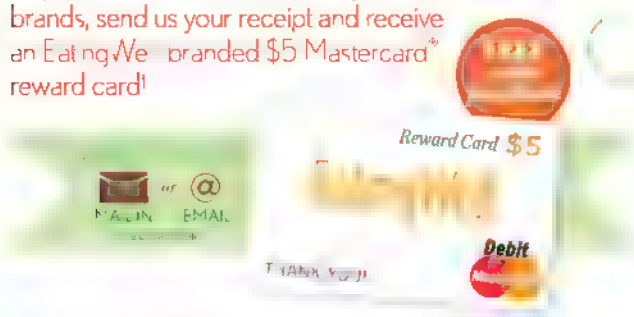

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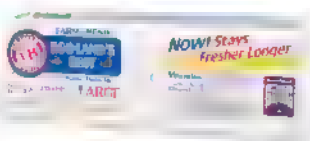

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IDEAS FOR A BETTER YOU

Pick a Carrot, Any Carrot!

[redacted]

Last year, a seed shortage of the popular kale variety "Winterbor" sent many farmers into a panic. In Tarrytown, New York, farmer and seed enthusiast Jason Grauer just shrugged. "Winterbor is just one variety, if you can't grow that one, just grow something else," he says.

But the typical time-crunched farmer doesn't have the bandwidth to pore over dozens of seed catalogs to find and compare lesser-known or heirloom varieties, so they often just grow the same varieties. That's why Grauer co-founded *PickACarrot.com*, a tool that is modernizing the seed game.

This website indexes over 60 catalogs in one free, searchable database. Farmers and gardeners can now easily find suppliers of the seeds they're looking for—and even seeds they aren't. "There are so many different varieties of seeds available that growers don't know exist," says Grauer.

By making it easy for growers to find new varieties, Grauer hopes to encourage greater crop diversity.

"The right seed can truly empower a farmer," he says. "Like any good restaurant, if your menu never changes, you're holding yourself back."

—Lindsay Westley

INSIDE Trash Worth Eating *p.18* // New Wave Urban Farming *p.20* // The Great "Natural" Debate *p.22* // Our Fave Midwest Market *p.24* // Water Bottle Tips *p.28* // Kiwi for Your Skin *p.31* // Feed Your Gut *p.32* // Slash Cholesterol *p.36*

TETRA IMAGES/OFFSET

SMART APPS

Forget scrutinizing food labels and let your smartphone do the work. Navigate the tough questions at the grocery store with these apps.
By Jacqueline Parisi

That cracker has 3 grams of fiber, but is it a healthy choice for me?
Decode the nutrition facts with *ShopWell*. It highlights relevant nutrition info about food based on your personal health profile and the latest dietary guidance. Scan bar codes for healthier swaps and explanations behind why the alternative may be a better pick for you.

What snack is crunchy, organic and in my diet?
Let *Ingredient1* tackle this. Discover new foods based on your favorite flavors, dietary restrictions, allergies and even cravings. Plus, get a peek into the pantries of health and wellness experts with curated recommendations.

What's freshest this time of year?
Don't settle for sorry clementines when you could savor sweet strawberries with *Seasons*. Browse by food or month to get location-based data for 214 fruits, vegetables, herbs, mushrooms and nuts. It even flags when a season is about to end.

From Scraps to Scrumptious

Alarmed that 40 percent of all food in this country ends up wasted, intrepid companies are turning former discards into innovative artisan finds. By Carolyn Jung

ReGrained Dan Kurzrock and Jordan Schwartz were avid home-brewers in San Fransisco, churning out 5 gallons of beer at a time, only to be stuck with 15 pounds of spent barley at the end. Curious, Kurzrock took a taste. "It was like oatmeal, with a fibrous texture and maltiness from the grain," he says. "We tried baking with it and it imparted a great nutty flavor."

Excited about the barley's potential, they decided to turn it into granola-like bars: Honey Almond IPA and Chocolate Coffee Stout (and no, the bars aren't alcoholic). Each bar is built around spent grain (which has nearly as much fiber as a bowl of oatmeal) donated from three nearby craft breweries. ($5.99 for two bars; ***regrained.com***)

6 BILLION POUNDS
The amount of spent grain produced annually from beer-brewing in the U.S., estimates ReGrained co-founder Dan Kurzrock. That's enough to make 125 of these bars for every American.

Tretap One gallon of maple syrup comes from 40 gallons of sap, much of which is water that gets poured down the drain. Rather than waste this water that is naturally filtered by maple trees, Vermont-based Tretap is recapturing it for a low-calorie, low-sugar bubbly beverage. Tretap has four flavors: maple, cranberry, blueberry and cucumber, each lightly sweetened with maple syrup. "Our healthier alternative to soda comes from a trusted source of water that's not depleting any reservoir, spring or glacier," says Aaron Harris, founder and general manager. ($7.99 for a 6-pack; ***tretap.com***)

Fruitcycle Strolling through a U-pick orchard one day, Elizabeth Bennett had an epiphany upon spying ripe fruit left to rot on the ground: surely there had to be a way to keep good apples from going to waste. So she created Fruitcycle, a Washington, D.C.-based company that buys discounted bruised and misshapen apples (mostly Fujis) from local farmers, trims them up and turns them into crisp, dehydrated apple snack chips. Thanks to her, more than 15,500 pounds of apples – which would have been composted, fed to livestock or just dumped – are turned into snacks each year. Her company also makes a point of employing women who were previously homeless or incarcerated, because she believes that, like her apples, everyone deserves a second chance. ($7 for a 2.4-ounce bag; ***thefruitcycle.com***)

High potency vitamins for a high potency lifestyle. Made with Orchard Fruits,™ Garden Veggies,™* minerals, B Vitamins for energy* and more.

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

*Alive!® Multi Vitamins provide 60-200 mg fruit/vegetable powder in each serving

"An airport seems like an unexpected place for a farming experiment, but what better way to explore JetBlue's role in the food cycle than to harvest right in our own backyard at JFK?"

Sophia Mendelsohn
HEAD OF SUSTAINABILITY JETBLUE

New Wave Urban Farming

These metro-area farms are popping up in some pretty untraditional places. By Eric Moreno

The Leafy Green Machine Urban agriculture enthusiasts Brad McNamara and Jon Friedman were researching rooftop greenhouse farming when they realized that the cost and time required made it unfeasible. Their solution: shipping containers as hydroponic farms. They upcycle modular and durable freight cars with technology to allow for high-volume harvests 365 days a year, making fresh, locally sourced produce available to restaurants, small-scale farmers, even university food providers. Popular crops include basil, shiso and specialty varieties of lettuce and kale. All told, Freight Farms has sold 50 LGMs and is rapidly spreading across the U.S. with an impressive sixfold increase in sales from 2015

Urban Organics Housed in the vacant Hamm's Brewery building in St. Paul, Minnesota (with a second location at the former Schmidt brewery opening this summer), Urban Organics is harnessing the relationship between plants and fish to grow 1,200 pounds of produce a month using a mere 2 percent of the water used by conventional farms. Its success is rooted in aquaponics—a symbiotic, closed-loop system. Fish waste in the water provides nutrients for the plants. The plants, in turn, filter the water, keeping it clean for the fish. Using advanced equipment from Pentair Aquatic Eco-Systems, this farm can grow local, organic crops year-round, sold at local groceries and neighborhood co-ops, even in the snowy Twin Cities.

JetBlue's T5 Farm Terminal 5 at New York's JFK International Airport is home to the T5 Farm: a 24,000-square-foot farm made of 3,000 plastic crates. Using crates as raised beds proved to be the simplest design for this farm, since the location is concrete. Blue potatoes—like those used in JetBlue's signature Terra Blues potato chips—take up a quarter of the crates. T5 Farm expects to grow 1,000 pounds of potatoes annually. Sophia Mendelsohn, head of sustainability at JetBlue, calls it a "farm-to-air" experiment designed to promote New York agriculture. Waste from participating airport restaurants and vendors will be composted for the farm and, in turn, the farm will provide the restaurants with herbs and produce.

PET NUTRITION

"Should I avoid 'by-products' in my pet's food?"

"By-products" are often the parts of the animal that Americans don't like to eat—organ meats, blood and bone from mammals—and can also include necks, feet and underdeveloped eggs from poultry. (Horns, hair, teeth, hooves, intestinal contents and feathers are prohibited.)

By-products can add flavor and nutrients to pet food. In fact, these ingredients often have higher levels of iron, copper, calcium, vitamin A, B_{12} and many other essential nutrients than muscle meat.

By-products' bad rep is likely due in part to marketing—companies advertising as having "no by-products" make these ingredients sound bad. Other concerns may stem from the fact that some (but not all) by-products are rendered into powders or "meals." Rendering is the process of cooking an ingredient to separate the fat and protein out, resulting in a dry, high-protein meal that is easily stored, transported and incorporated into dry pet foods. This process has gotten negative press as a way that "gross" things could be sneaked into your pets' food. But, while humans may find by-products unappetizing, they can be a healthy addition to pet food.

CAILIN HEINZE, VMD, MS, DACVN
Cummings School of Veterinary Medicine at Tufts University **@C_HeinzeVMD**

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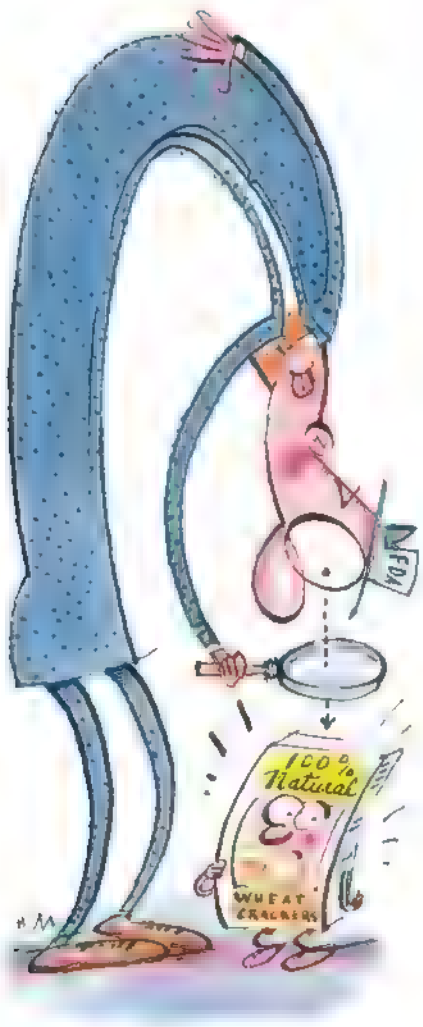
Avocado egg toast (15g protein), served with 8oz glass of milk (8g), and lowfat vanilla yogurt with a half cup of raspberries (6g). Total: 29g protein

milk life®

SPEAK UP! The FDA comment period on "natural" is open until May 10. Go to *fda.gov* for more details.

Naturally Confusing

The "natural" label has serious clout with shoppers. Here we explore if this word is helpful or just hype. By Deena Shanker



Supermarket shelves are lined with foods labeled "natural," from chia seeds to Cheetos to chicken nuggets. But there are practically no regulations that say what a "natural" food is, other than that meat and poultry labeled "natural" can't have artificial flavors, colors or preservatives and must be "minimally processed."

So, at the request of food companies and consumer groups, the Food and Drug Administration is taking a shot at a definition, asking the public to weigh in on the issue. Topics in the "natural" debate include whether corn syrup is natural, whether "natural" should be allowed as a label at all, and the controversial question, "Are GMOs natural?" "Natural" is a subject with complicated ramifications.

Take crackers: some have a simple, arguably healthy, ingredient list—whole wheat, oil and salt. But if the manufacturer uses soybean oil, it likely comes from genetically modified soy. So is this food, made with only three ingredients, no longer natural?

Now consider this question on its true scale: U.S. sales of food labeled "natural" total more than $40 billion annually, amplifying the confusion. Emily M. Broad Leib, director of Harvard Law School's Food Law and Policy Clinic, says that part of the issue is that people often wrongly conflate "natural" with health or animal welfare: "The FDA should define it so that shoppers who have been using it to mean 'healthier' or 'better for animals' can continue to use it."

45%
of consumers think the "natural" label is regulated.
CONSUMER REPORTS, 2015 NATURAL FOODS LABEL SURVEY

1/3
of American adults think "organic" and "natural" are the same thing.
ORGANIC & NATURAL HEALTH ASSOCIATION, FEBRUARY 2015

31
of consumers think "natural" products are better for the environment.
HARTMAN GROUP ORGANIC & NATURAL 2014 REPORT

POINT/COUNTERPOINT

Do GMOs Belong in "Natural" Food?

For thousands of years, farmers have bred plants to improve our food. Genetic engineering also aims for better crops, but by directly altering a plant's DNA. The results include herbicide-resistant soy, extra-nutritious rice and apples that don't brown. The Grocery Manufacturers Association, a trade group representing over 300 food and beverage companies, petitioned the FDA to allow GMOs to bear the "natural" label. We asked two experts to weigh in.

Yes. Almost none of the produce you buy is the way it was originally in nature. Tomatoes that were once a quarter-inch around are now beefsteaks. To change how something looks, the DNA has to change. Only, with genetic engineering, we can go in, see how nature made that change and copy it. And we've even discovered that nongenetically engineered fruits and vegetables have copies of viral or bacterial DNA inside them—and humans had nothing to do with it. We realize now how common gene transfer is in nature.

WAYNE PARROTT, PH.D., *plant breeding & genomics professor, University of Georgia*

No. GMOs are not natural. We know that there are genetic exchanges that happen in nature because we have discovered bacterial DNA sequences in non-GM sweet potatoes—but genetically engineering crops in a lab is not the same as a gene from a bacterium or virus naturally moving into a plant. When you deliberately add bacterial or other genes to a plant, the plant can tell it's foreign and shuts it down. So in genetic engineering, scientists must modify the gene to trick the plant and keep it "on." It's a process that can never happen in nature.

MICHAEL HANSEN, PH.D., *senior scientist at Consumers Union*

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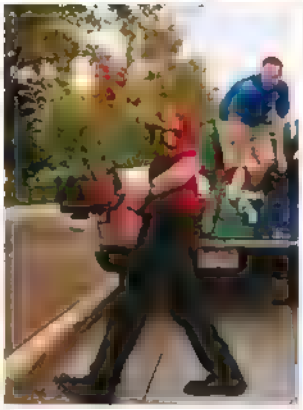

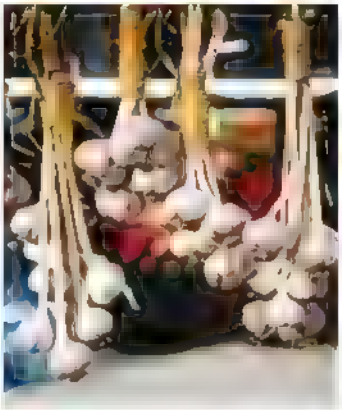

Our Favorite Midwest Farmers' Market

*Every Saturday from April to November, more than 160 vendors set up shop on the streets surrounding the Capitol building in Madison, Wisconsin. The Dane County Farmers' Market is one of the largest producer-only markets in the country (that means that all items sold are grown or prepared by the people selling them). In town for a visit? Check out Madison-based food writer **André Darlington's** favorite stops around the square.*

BLEU MONT DAIRY

Willie Lehner spent time in Switzerland and England honing his cheesemaking skills. His clothbound Cheddar has won numerous awards from the American Cheese Society, as has his grana and Alpine Renegade, a hard, aged cow's-milk cheese. For something softer, try his über-buttery version of Havarti. If Lehner is excited by something new, get it.

JONES VALLEY FARM

Line up early to get agretti (a green also know as saltwort that looks similar to fennel fronds), broccoli rabe, fava beans and other Old World vegetables grown by Michael and Jean Martin. They grow exclusively for the market—they don't do retail, and there's no CSA. One taste of their Italian yellow celery and you'll never want the mainstream variety again.

DRIFTLESS ORGANICS

This is the stop to make for all things grown underground. Brothers Noah and Josh Engel burst onto the market scene with dozens of heirloom varieties of potatoes a few years ago, but they also are known for Chioggia beets, Beauty Heart radishes and carrots. Check out their sunflower oil, too, which lends a subtle nuttiness to anything you drizzle it onto.

HARMONY VALLEY FARM

Harmony Valley produce is some of the very best—salad mixes are stunningly verdant, asparagus snappy, strawberries sweet—plus they have unusual greens like Hon Tsai Tai. Nearly 30 years ago, Richard de Wilde started farming a 10-acre plot; today the farm spans over 200 acres and the farm's CSA is 1,500 families strong.

(continued on page 26)

FRESH FROM THE FARMERS' MARKET Find recipes to use your farmers' market haul at eatingwell.com/webextra

LAUREN JUST CE

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(continued from page 24)

CRESS SPRING BAKERY

Jeff Ford bakes naturally leavened breads using ancient grains in a hand-built wood-fired oven that dominates the first floor of his home. The slightly fruity Kamut is a hit with kids and his indestructible Volkornbrot is a sturdy loaf ideal for hiking. He also hosts pizza nights at his farm on Wednesday evenings—a must-do if it fits your schedule.

RP'S PASTA

Peter Robertson launched RP's Pasta in 1995. It has since grown from a farm-to-fork local cottage business into a national brand. Although his pastas are carried nationwide at stores like Whole Foods, Robertson comes to the market personally on Saturdays to dole out samples of toasted sesame linguini, filled pastas like Gorgonzola tortelloni and gluten-free varieties too.

POTTER'S CRACKERS

Recognizable by her white chef's coat, Nancy Potter presides over a popular tasting table loaded with samples. Produced with local ingredients, her organic crackers are a signature market item and serve as the must-have vehicle for the many hunks of cheese you'll find from other vendors. The crunchy crackers come in fromage-friendly flavors, such as applewood-smoked and herbes de Provence.

JORDANDAL FARMS

Stop here for pasture-raised chicken and grass-fed beef from Carrie and Eric Johnson. Whether it's flavorful chicken pâté or a new cow's-milk cheese, they always have something new to round out their offerings. Don't miss the heavenly cream-top yogurt. Do as impatient locals do and bring your own spoon.

MARSDEN'S PURE HONEY

The man with a beehive on his head is hard to miss. Dale Marsden has been bringing his small-batch honeys to the market for over 35 years. In addition to a very popular wildflower honey, he also offers monofloral honeys based on clover, basswood and goldenrod—each with a distinctive flavor profile. His knapweed (a kind of thistle) honey, with its light hazelnut flavor, is a highly sought-after rarity

Cress Spring Bakery

RP's Pasta

Potter's Crackers

Jordandal Farms

Marsden's Pure Honey

Catfish Stephenson

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The Brainy Way to Stay Slim

How tuned in are you to your feelings? Your answer could mean an extra pound of belly fat. According to a Brown University study, people who scored high in "dispositional mindfulness" had about 1 pound less fat around their midsection. Dispositional mindfulness is the self-awareness to nonjudgmentally recognize your thoughts, feelings and physical states, such as hunger or tension. "By being aware of ourselves, we are more likely to notice what drives autopilot eating," says lead researcher Eric Loucks, Ph.D., assistant professor in the department of epidemiology at Brown University. "Is it boredom? Stress? Knowing, we can address our thoughts and emotions in skillful ways without food."

Fortunately, mindfulness is a tool that most can cultivate. Try being mindful during simple tasks, like kitchen prep. Pay attention to the colors, smells, textures and even sounds—the pops, scrapes and thunks. If you're slicing lemons, experience the bright, tangy scent of the peel and the vibrant yellow-and-white patterns within. Even the slight sting when the juice hits a hidden cut can wake you up! This engagement helps to turn up the dial on your awareness so you can bring mindfulness to your entire life. *—Dana Velden*

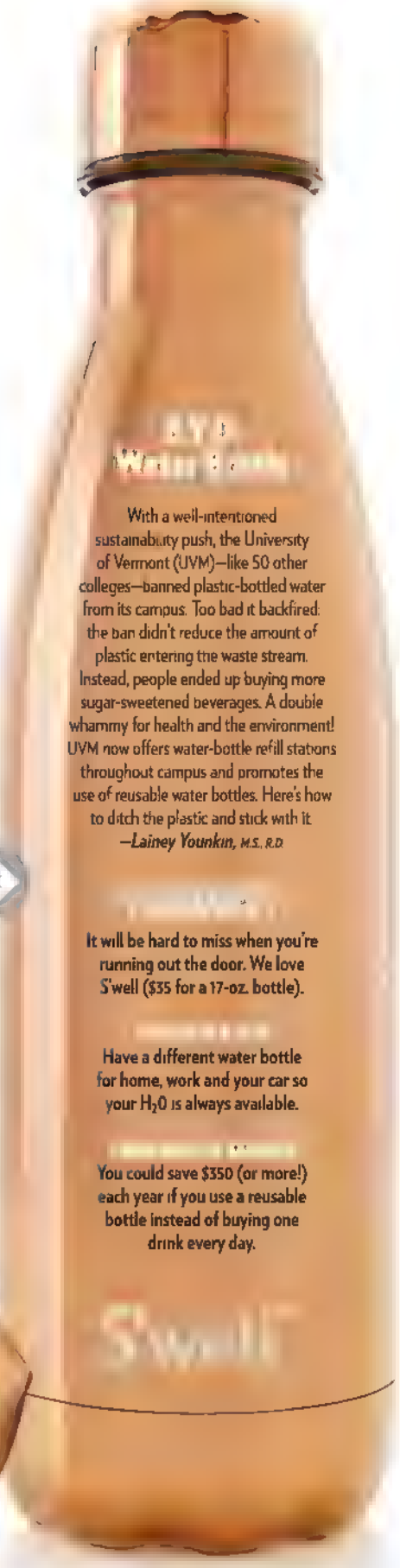
2.3 POINTS

Versus 1988, that's how much higher our average BMI is in the new millennium—even when people eat the same number of calories and exercise equally, according to a study published in *Obesity Research & Clinical Practice*.

—Marissa Donovan, R.D.

$15 BILLION
WHAT AMERICANS SPENT ON BOTTLED WATER IN 2015

Sweet leotard, Jane.
Was it the leg warmers that gave Jane Fonda a leg up? Find out why it's harder to be thin than it used to be at eatingwell.com/webextra



With a well-intentioned sustainability push, the University of Vermont (UVM)—like 50 other colleges—banned plastic-bottled water from its campus. Too bad it backfired: the ban didn't reduce the amount of plastic entering the waste stream. Instead, people ended up buying more sugar-sweetened beverages. A double whammy for health and the environment! UVM now offers water-bottle refill stations throughout campus and promotes the use of reusable water bottles. Here's how to ditch the plastic and stick with it.
—Lainey Younkin, M.S., R.D.

It will be hard to miss when you're running out the door. We love S'well ($35 for a 17-oz. bottle).

Have a different water bottle for home, work and your car so your H_2O is always available.

You could save $350 (or more!) each year if you use a reusable bottle instead of buying one drink every day.

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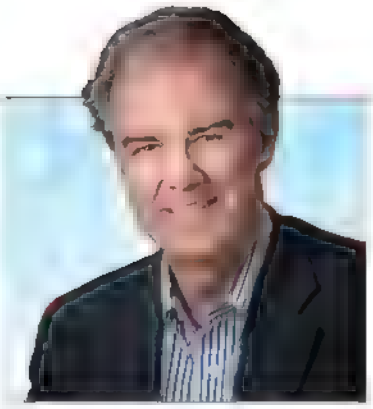
Ask the Expert

"THIS EXPERIENCE HAS BEEN MIRACULOUS AND LIFE-CHANGING."

Ellen D. – Nucleus Recipient



David C Kelsall, M D ,
Cochlear Medical Advisor

Dr David C. Kelsall, a hearing implant surgeon and medical advisor to Cochlear, the world leader in hearing implants, answers common questions about hearing implants

IS A HEARING IMPLANT RIGHT FOR ME?

Straining to hear each day, even when using powerful hearing aids?

More people than ever before are turning to hearing implants to help them hear again and reconnect to the life they love. In fact, hundreds of thousands of people worldwide have found hope beyond hearing aids and are now enjoying the sounds they've been missing with an implantable hearing solution.

You may be asking yourself: "What are hearing implants and will they work for me?" While these answers lie in the hands of a qualified Hearing Implant Specialist, there are some telltale signs that may mean a hearing implant is right for you. Get to know the facts. It's the first step to better hearing.

Q: Is a hearing implant right for me?

A: If you have tried hearing aid after hearing aid and nothing seems to work, it may mean a hearing implant is right for you. Other signs may include having difficulty hearing in noisy environments (such as restaurants) or on the phone. Be sure to discuss these signs with a Hearing Implant Specialist in your area. Hearing aids are typically worn before implantable solutions are considered.

Q: How are hearing implants different than hearing aids?

A: While hearing aids only amplify sounds, hearing implants help make them louder and clearer. Improving the clarity of your hearing may help you better understand speech in both quiet and noisy situations.

Q: What kinds of hearing implants are there?

A: There are hearing implant solutions for many types of hearing loss. They include cochlear implants, Hybrid™ Hearing and bone conduction implants. Visit your Hearing Implant Specialist to determine which one may be right for you.

Q: Does Medicare cover hearing implants?

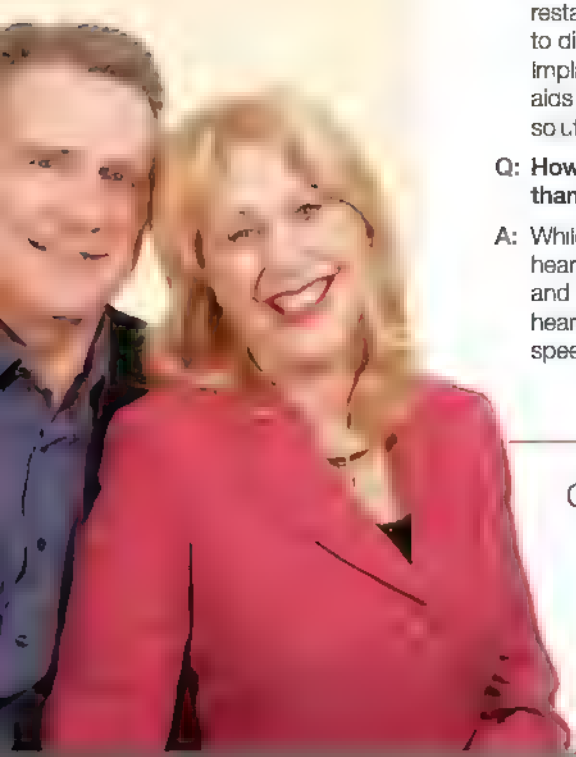
A: Yes, hearing implants may be covered by Medicare and most private insurance.*

Q: Do hearing implants require surgery?

A: Yes, surgery is required. However, in most cases it is a short, outpatient procedure.

Q: Am I too old to get a cochlear implant?

A: No, it's never too late to begin your journey to better hearing.



Call **1 888 727 2069** to find a Hearing Implant Specialist near you

Visit **Cochlear.com/US/EatingWell** to take an online hearing quiz.

*Contact your insurance company or local Hearing Implant Specialist to determine your eligibility for coverage

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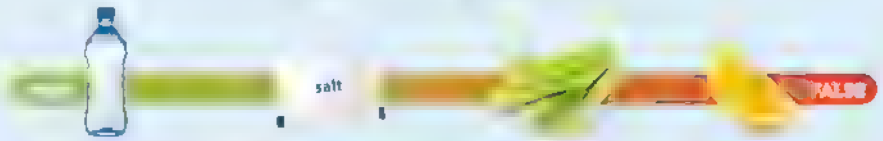
YOU HEARD WHAT?

The Truth Meter



BPA—a chemical in plastic that can disrupt hormones—can leach from the bottle into your beverage at high temperatures. If you find an old water bottle in your hot car, recycle it.

TOO MUCH SALT RAISES BLOOD PRESSURE
Some people are more sensitive to sodium, but salt is only one piece of the puzzle. You need potassium, calcium and magnesium, plus a good diet and exercise, for healthy blood pressure.

EATING CELERY IS NEGATIVE CALORIES
You burn around 10 percent of your daily calories digesting food. Though one celery stalk packs a mere 6 calories, you burn less than 1 calorie for every stalk you eat.

DRINKING LEMON WATER BALANCES pH
Lemon may give your water a slight antioxidant boost, but it won't balance your pH. The truth is, your body does this on its own. *—M.D.*

Skin Saver

Next time you make a smoothie, toss a peeled kiwi into the blender. The fuzzy fruit delivers both vitamins C and E and this nutrient combo is a power couple when it comes to guarding skin against the sun's UV rays, according to a review study in the journal *Food & Function*. Getting vitamins C and E together boosts your skin's resistance to aging from UVA rays and sunburn from UVB rays. The sun-shielding benefit comes from their free-radical-blasting antioxidants and anti-inflammatory properties. But don't rely on the fruit alone. To best keep sunburn and skin damage at bay, follow a smart sunscreen routine in addition to enjoying vitamin C- and E-rich kiwi. *—Jessica Migala*

"Are detox foods real?"

Based on the abundance of cleanses on the market, you'd think a regular detox regimen is a must-do. Not so. Our bodies are pretty adept at eliminating most harmful substances we encounter, thanks to our kidneys, liver, lungs and GI system. And, buyer beware: the cleanses out there vary widely and often aren't based in science. There are, however, a few foods that research shows can amp up your body's detoxifying process, naturally.

Soluble fiber—like what's in apples, oatmeal, eggplant—can bind to lead and mercury in your body, helping to eliminate them, says a *Journal of Hazardous Materials* study. Another key food? Broccoli. In a study in *Cancer Prevention Research*, people from an area of China with heavy air pollution who drank a broccoli beverage daily for three months cleared the most airborne toxins from their systems.

"Broccoli aids detoxification because it has the highest amount of the phytonutrient glucoraphanin," explains Ashley Koff, R.D.

Cilantro and foods rich in selenium—like garlic and mushrooms—may also be detox aids. Preliminary research (in mice) found eating cilantro helped to ward off lead accumulation. Another study found that, within a mercury-exposed population in China, people who took a daily selenium supplement cleared twice as much mercury from their bodies.

BOTTOM LINE: Go ahead, punch up your diet with these detox-promoting foods. But if broccoli juice doesn't stoke your appetite, that's OK—your body has a built-in cleanup crew.

BRIERLEY WRIGHT, M.S., R.D.
NUTRITION EDITOR / @BRIERLEYWRIGHT

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SKIN-SAVING SMOOTHIE Get the recipe for a refreshing kiwi and cucumber smoothie at eatingwell.com/webextra

LUCAS ZARBINSKI, INSETS: DOLLAR PHOTO CLUB (4)

New Reasons to Feed Your Gut

Sure, the billions of bacteria in your intestine impact your digestion, but scientists are discovering that the influence of these bugs on your health goes way beyond the gut. "They are connected to aspects of health we never suspected," says Rob Knight, Ph.D., co-founder and principal investigator of the Human Gut Project. "Cardiovascular disease, the immune system, liver disease, even neural function and the brain—it's far-reaching in a way that wouldn't have been on anyone's radar 10 years ago."

WEIGHT LOSS. Let's start with a topic that has baffled scientists and dieters alike: weight loss. When researchers at the University of Iowa gave mice a drug known to cause weight gain as a side effect, they discovered that the rodents' microbe composition shifted, slowing their resting metabolic rate. An abundance of the wrong bacteria in our gut may even cause unhealthy cravings, according to a study in *BioEssays*. By controlling our hormones and hijacking the nerve that connects our brain to our gut, bacteria may manipulate us into making poor food choices.

STRESS & ANXIETY. Cravings are just the tip of the iceberg when it comes to your gut influencing your thoughts and feelings. Eating more probiotic-rich fermented foods like kimchi or miso soup is associated with less social anxiety in people considered neurotic (compared to those who eat less), found researchers at the College of William and Mary. They believe the probiotics may contain compounds that help suppress anxiety.

ALLERGY & AUTOIMMUNE. Microbiome advances have also blown the research doors off of allergy and autoimmune conditions. In fact, you may be able to go so far as to predict whether infants will develop food allergies by looking at their gut microbiota, according to Canadian researchers. Those with less diverse microbiomes at 3 months old are more likely to develop milk, egg or peanut sensitivities by the time they're 1 year old. *—Lori Miller Kase*

Probiotic-rich kimchi may help reduce eczema, according to Korean researchers.

How Does Your Microbiome Grow?

JUST AS A THRIVING GARDEN DEPENDS ON THE RIGHT MIX OF PLANTS, A HEALTHY GUT HINGES ON A GOOD BALANCE OF BACTERIA. NURTURE YOUR "GUT GARDEN" WITH THESE 3 SIMPLE RULES.

GO PRO Probiotics, such as kimchi, yogurt with live active cultures, fresh sauerkraut and tempeh, provide the gut with beneficial bacteria. Not all bacteria survive the trip through the stomach, but those that make it settle in the gut or exert positive effects as they pass through.

FEED GOOD BUGS Prebiotics encourage the growth of the right bacteria in your gut. "If taking probiotics is like planting what you want in your garden, eating prebiotics is like fertilizing them," says Rob Knight. Prebiotics contain fibers that don't digest all the way, so they leave leftovers for the gut bacteria to eat or "ferment." They also help keep things moving in your gut, which is important for maintaining a healthy gut community. Prebiotic-rich foods include Jerusalem artichokes, onions, garlic, asparagus, chicory and bananas.

STARVE BAD GUYS Think of the bad bugs in your system as weeds to thin out. Research shows that too much sugar and saturated fat feed the bacteria associated with obesity, diabetes and even neurological issues, so avoid overdoing it on junk food. *—L.M.K.*

MOSQUITO BAIT: People with a more diverse skin microbiome (the bacteria on your skin) may be less attractive to mosquitoes.

SOURCE: *PLOS ONE*

TRY KIMCHI! Serve up kimchi on top of Korean Turkey Burgers. Find the recipe at eatingwell.com/webextra

JIM WESTHALEN STYLING: BREANA LAU; FOOD MOLLY VELTE (PROPS); INSET: EVGENIY DOVA TOLLAR PHOTO; CLUB

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BOTTOM LINE: Buy products from an established brand. GNC's Women's Ultra Mega Energy & Metabolism Multivitamin boasts essential vitamins and minerals for enhanced nutritional and energy support.

3. Should I add a calcium supplement to my diet? I don't like taking pills.

Calcium storage actually starts when we're kids, so it's important to start getting those key nutrients early and often. Eating calcium rich foods like low fat dairy and dark, leafy greens is essential.

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BOTTOM LINE: Fish oil is a must—look for supplements that have been purified to remove detectable levels of mercury, like GNC Triple Strength Fish Oil.

5. How do I know if I'm getting enough protein daily?

Protein is a must—and eating a protein packed breakfast is a great way to kick start your day and meet recommended levels (a veggie packed omelet or simple fruit and yogurt parfait are great options).

BOTTOM LINE: Determine exactly what you need based on your age and activity level with GNC's Protein Calculator at *gnc.com/proteinnumber*.

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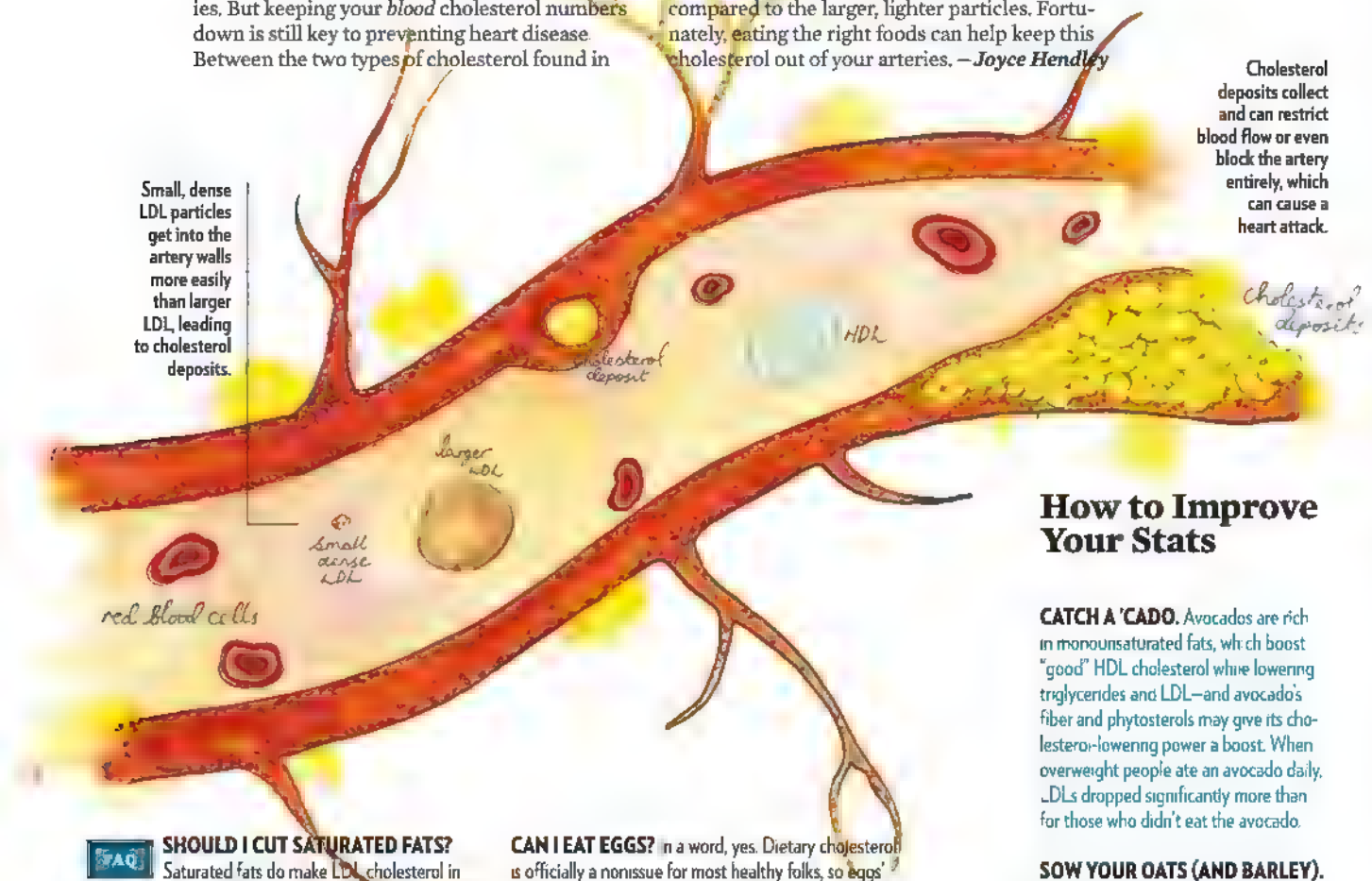
Slash Bad Cholesterol, Now!

If a third of Americans have unhealthy cholesterol levels, why did the U.S. recently ax its advice to limit the cholesterol we eat daily? (*See details of the dietary guidelines, page 103.*) Well, for most of us, *dietary* cholesterol has almost no effect on the cholesterol that ends up in our arteries. But keeping your *blood* cholesterol numbers down is still key to preventing heart disease. Between the two types of cholesterol found in the blood—LDL and HDL—LDL is traditionally targeted as the bad stuff that you want to lower. But it's now known that not all LDL particles are equally dangerous. Small, dense LDL seems to be able to sneak through artery walls more easily and oxidize more readily into a damaging form, compared to the larger, lighter particles. Fortunately, eating the right foods can help keep this cholesterol out of your arteries. —***Joyce Hendley***


Small, dense LDL particles get into the artery walls more easily than larger LDL, leading to cholesterol deposits.
Cholesterol deposits collect and can restrict blood flow or even block the artery entirely, which can cause a heart attack.
HDL
Cholesterol deposit
Cholesterol deposit
larger LDL
Small dense LDL
red blood cells

How to Improve Your Stats

CATCH A 'CADO. Avocados are rich in monounsaturated fats, which boost "good" HDL cholesterol while lowering triglycerides and LDL—and avocado's fiber and phytosterols may give its cholesterol-lowering power a boost. When overweight people ate an avocado daily, LDLs dropped significantly more than for those who didn't eat the avocado.

SOW YOUR OATS (AND BARLEY). These grains are rich in beta glucan, a soluble fiber and a great way to slash small, dense LDL. Benefits kick in when you get at least 3 grams of beta glucan daily (that's the amount in 1½ cups cooked oatmeal or 1¼ cups cooked pearl barley).

NIBBLE SOME NUTS. Getting between 1 and 3 ounces of nuts like walnuts, almonds, hazelnuts and pistachios daily can help nudge small dense LDLs down. When people with high cholesterol added about 24 walnut halves to their usual diets for six weeks, their small dense LDLs dropped 12.7 points. —*J.H.*

FAQ **SHOULD I CUT SATURATED FATS?** Saturated fats do make LDL cholesterol in the blood, and many experts still urge limiting these fats—especially from meat—to less than 10 percent of your daily calories. But new research suggests that cutting carbs may be more important for heart health. "Highly processed carbohydrates—particularly sugary and refined carbs like white bread and cookies—are the main dietary influence on small dense LDL particles," says Ron Krauss, M.D., director of atherosclerosis research at Children's Hospital Oakland Research Institute. When people replace saturated fats with sugary, refined carbs, "good" HDL drops, while LDL and triglycerides rise—as does heart disease risk. The USDA says to keep added sugars to 10 percent of daily calories, but Krauss would go further and recommend limiting refined carbs as well.

CAN I EAT EGGS? In a word, yes. Dietary cholesterol is officially a nonissue for most healthy folks, so eggs' cholesterol content—around 185 mg apiece—shouldn't pose a problem. (Same goes for shrimp.) That said, people with diabetes might want to keep it to an egg a day; research has shown that eating eggs raises the risk for heart disease in diabetics, so American Diabetes Association guidelines still recommend keeping daily cholesterol intake under 300 mg.

HOW IS EXERCISE GOOD FOR MY CHOLESTEROL? Regular exercise helps boost levels of heart-healthy HDL cholesterol that serves to clean up your arteries. While any exercise is good, moderate cardio, like jogging, raises HDL levels—and more-intense aerobic exercise like spinning tends to up the ante further by lowering LDL and triglycerides. —*J.H.*

LOVE YOUR HEART Protect your ticker today with these 5 rules for a heart-healthy diet at eatingwell.com/webextra

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EASY HEALTHY RECIPES

Turning summer produce into a beautiful meal is easy—just fire up your grill. This vegetarian dinner (next page) takes just 35 minutes.

HELEN NORMAN, STYLING; FRANCES BOSWELL, (FOOD) AYESHA PATEL, (PROPS)

INSIDE Clam Pasta *p.46* // Easy Mole *p.48* // Quick Veggies *p.50* // Chimichanga Makeover *p.55* // Dinner to Go *p.56* // Chicken Salads *p.58* // Kebabs *p.60* // Spicy-Sweet Pork *p.64* // Gluten-Free Day *p.66* // Breakfast Salad *p.68* // Panini Popper *p.70*

Grilled Polenta & Vegetables with Lemon-Caper Vinaigrette

ACTIVE: 35 min **TOTAL:** 35 min

This recipe is super-flexible: substitute vegetables as your CSA share, garden or farmers' market haul dictates.

- 6 tablespoons extra-virgin olive oil, divided
- 2 tablespoons chopped fresh dill, plus more for garnish
- 2 tablespoons lemon juice
- 1 tablespoon minced shallot
- 1 tablespoon capers, rinsed and chopped
- 1 small clove garlic, minced
- ¾ teaspoon ground pepper, divided
- ½ teaspoon kosher salt, divided
- 4 plum tomatoes, halved
- 2 medium zucchini *and/or* summer squash, sliced lengthwise (¼ inch thick)
- 1 small eggplant, sliced lengthwise (¼ inch thick)
- 1 medium red bell pepper, sliced (2 inches wide)
- 1 16- to 18-ounce tube prepared polenta *(see Tip, below)*, sliced into 8 rounds
- 1 15-ounce can no-salt-added white beans, rinsed

1. Preheat grill to medium-high.
2. Whisk 2 tablespoons oil, dill, lemon juice, shallot, capers, garlic and ¼ teaspoon each pepper and salt in a large bowl. Set aside.
3. Toss tomatoes, zucchini (and/or squash), eggplant and bell pepper with the remaining 4 tablespoons oil, ½ teaspoon pepper and ¼ teaspoon salt in another large bowl.
4. Oil the grill rack *(see Tip, below)*. Grill the vegetables and polenta until hot and lightly charred, 3 to 4 minutes per side, removing them as they're done
5. Coarsely chop the vegetables. Add to the reserved dressing along with beans and gently toss to coat. Serve with the polenta. Garnish with more dill, if desired

SERVES 4: 1½ cups vegetable salad & 2 polenta rounds each

CAL 397 / **FAT** 22G (SAT 3G) / **CHOL** 0MG / **CARBS** 41G / **TOTAL SUGARS** 8G (ADDED 0G) / **PROTEIN** 9G / **FIBER** 9G / **SODIUM** 555MG / **POTASSIUM** 728MG.

FIRED UP Get our 13 best grilling tips at eatingwell.com/webextra

NO-STICK ZONE
An oiled grill rack keeps your food from sticking. Once your grill is good and hot, dip a folded paper towel in a little oil, hold it with tongs and rub it over the rack.

Polenta, Pronto
Look for convenient tubes of precooked polenta in the pasta aisle or near refrigerated tofu at the supermarket.

HELEN NORMAN STYLING; FRANCES DOSWELL (FOOD); AYESHA PATEL (PROPS)

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Linguine with Creamy White Clam Sauce

ACTIVE: 15 min **TOTAL:** 15 min

Ripe tomato and fragrant basil make this clam linguine brilliant and summery. Serve with crusty garlic bread and steamed green beans.

- 8 ounces whole-wheat linguine
- 1 16-ounce container chopped clams (thawed if frozen) *or* two 10-ounce cans whole baby clams
- 3 tablespoons extra-virgin olive oil
- 3 cloves garlic, chopped
- ¼ teaspoon crushed red pepper
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- 1 large tomato, chopped
- ¼ cup chopped fresh basil, plus more for garnish
- 2 tablespoons heavy cream *or* half-and-half

1. Bring a large saucepan of water to a boil. Add pasta and cook until just tender, about 8 minutes or according to package directions. Drain.
2. Meanwhile, drain clams, reserving ¾ cup of the liquid. Heat oil in a large skillet over medium-high heat. Add garlic and crushed red pepper and cook, stirring, for 30 seconds. Add the reserved clam liquid, lemon juice and salt; bring to a simmer and cook until slightly reduced, 2 to 3 minutes. Add tomato and the clams; bring to a simmer and cook for 1 minute more. Remove from heat.
3. Stir in basil and cream (or half-and-half). Add the pasta and toss to coat with the sauce. Garnish with more basil, if desired.

SERVES 4: 1¼ cups each

CAL 382 / **FAT** 15G (SAT 3G) / **CHOL** 50MG / **CARBS** 46G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 20G / **FIBER** 9G / **SODIUM** 371MG / **POTASSIUM** 205MG.

Clam Up

Fresh or frozen chopped clams from the seafood department are an underappreciated convenience. Compared to canned, they have a larger clam-to-liquid ratio and are lower in sodium. If you use canned, opt for whole baby clams they're similar in size to the ones found in the seafood department. All clams get a sustainable rating from Seafood Watch.

BLAINE MILAM'S SAILING SEE HOSS FOOD. SUE MITCHELL PHOTO.

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Chicken Mole Tacos

ACTIVE: 40 min **SLOW-COOKER TIME:** 3-6 hrs
TO MAKE AHEAD: Prepare through Step 3 and refrigerate for up to 3 days.
EQUIPMENT: 5- to 6-quart slow cooker

Mole is a generic term for sauce in Mexican cuisine, and there are as many recipes for it as there are cooks making it. What they typically have in common is a long ingredient list and multiple chile varieties. This streamlined take on mole poblano is made in the slow cooker and gets plenty of complex flavor from anchos (dried poblanos) alone. Stout is an unconventional addition, but is a nice bittersweet companion for the chiles.

- 1 15-ounce can no-salt-added diced tomatoes
- 1 cup stout *or* low-sodium chicken broth
- ½ cup almonds, toasted
- ¼ cup sesame seeds, toasted, plus more for garnish
- 2 ounces ancho chiles, stemmed and seeded
- 4 cloves garlic, crushed
- 1 tablespoon dried oregano
- 1¼ teaspoons salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- ⅛ teaspoon ground cloves
- 8 bone-in, skinless chicken thighs, trimmed (about 3½ pounds)
- 1 ounce Mexican chocolate, grated, *or* 2 tablespoons bittersweet chocolate chips
- 16 corn tortillas, warmed
- Radish slices for serving
- Lime wedges for serving

1. Combine tomatoes and their juice, beer (or broth), almonds, sesame seeds, chiles, garlic, oregano, salt, cinnamon, allspice and cloves in a blender. Puree for 1 minute, scraping down the sides once or twice.
2. Coat a 5- to 6-quart slow cooker with cooking spray. Pour in the sauce, then nestle chicken into it. Cover and cook on High for 3 hours or Low for 6 hours.
3. Remove the chicken from the sauce. Using 2 forks, shred the meat into bite-size pieces. Stir chocolate into the sauce, then stir the chicken back in.
4. Serve the chicken mole in corn tortillas, topped with sesame seeds and radish slices, with lime wedges on the side, if desired.

SERVES 8: 3 oz. chicken, ½ cup sauce & 2 tortillas each

CAL 460 / **FAT** 20G (SAT 4G) / **CHOL** 100MG / **CARBS** 35G / **TOTAL SUGARS** 6G (ADDED 2G) / **PROTEIN** 35G / **FIBER** 7G / **SODIUM** 496MG / **POTASSIUM** 714MG.

More Ways to Serve Mole

- Leave the chicken on the bone and serve with the sauce over brown rice
- Serve the saucy shredded chicken on buns with creamy coleslaw for a Mexican spin on pulled chicken sandwiches.
- Stir vegetables and a can of rinsed beans into the saucy shredded chicken to make chili

SPRING SLOW COOKER Find more light and flavorful slow-cooker recipes at eatingwell.com/webextra

BLAIR MEARS, STYLING: SUE HOSS (FOOD); SUE MITCHELL (PROPS)

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Chopped Jicama Salad

ACTIVE: 15 min **TOTAL:** 15 min
TO MAKE AHEAD: Refrigerate for up to 8 hours.

We love the slightly sweet, nutty flavor of jicama—a round root vegetable with thin brown skin and white crunchy flesh. Peel it with a knife or vegetable peeler, making sure to remove both the papery skin and the layer of fibrous flesh just underneath.

- 2 tablespoons extra-virgin olive oil
- 1 small clove garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 3 cups diced peeled jicama (from about 1 pound)
- ¼ cup chopped fresh basil
- ¼ cup chopped pepperoncini
- ¼ cup chopped sun-dried tomatoes

Combine oil, garlic, salt and pepper in a large bowl. Add jicama, basil, pepperoncini and sun-dried tomatoes. Toss to coat.

SERVES 4: about ¾ cup each

CAL 121 / **FAT** 7G (SAT 1G) / **CHOL** 0MG / **CARBS** 13G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 6G / **SODIUM** 269MG / **POTASSIUM** 372MG

Cucumber Cups with Deviled Ham Salad

ACTIVE: 30 min **TOTAL:** 30 min

Bring these crunchy bites to your next summer potluck and watch them disappear.

- 2 tablespoons mayonnaise
- 2 tablespoons dill pickle relish
- 2 teaspoons Dijon mustard
- ¼ teaspoon ground pepper
- ½ cup finely chopped ham steak (2 ounces)
- 1 large hard-boiled egg, finely chopped
- 3 tablespoons finely diced celery, plus chopped celery leaves for garnish
- 2 tablespoons minced onion
- 1 English cucumber (12-14 inches), trimmed

1. Combine mayonnaise, relish, mustard and pepper in a medium bowl. Stir in ham, egg, celery and onion. **2.** Cut cucumber into 24 slices (about ½ inch thick). Leaving the bottom intact, scoop out seeds with a small spoon or melon baller to form a cup. Fill each with about 1½ teaspoons ham salad. Garnish with celery leaves, if desired.

SERVES 8: 3 cucumber cups each

CAL 38 / **FAT** 2G (SAT 0G) / **CHOL** 27MG / **CARBS** 3G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 0G / **SODIUM** 209MG / **POTASSIUM** 126MG

VEGGIES GALORE Get our favorite spring vegetable recipes at eatingwell.com/webextra

BLAINE MOATS, STYLING: SUE HOSS (FOOD), SUE MITCHELL (PROPS)

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Grilled Romaine with Avocado-Lime Dressing

ACTIVE: 15 min **TOTAL:** 15 min

Romaine takes on a nice charred, smoky flavor with a quick trip to the

- ½ ripe avocado
- 5 tablespoons buttermilk
- 2 tablespoons lime juice
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon ground cumin
- ½ teaspoon salt
- 3 romaine hearts (3-4 ounces each)
- 1 cup sliced cherry tomatoes
- Freshly ground pepper to taste

1. Preheat grill to medium-high.
2. Puree avocado, buttermilk, lime juice, oil, cumin and salt in a food processor or blender until smooth.
3. Oil the grill rack (*see Tip, page 44*). Cut romaine hearts in half lengthwise, leaving root ends intact. Grill the romaine, cut-side down, until lightly charred, 2 to 3 minutes. Serve topped with the dressing, tomatoes and pepper.

SERVES 6: ½ romaine heart each

CAL 69 / **FAT** 5G (SAT 1G) / **CHOL** 1MG / **CARBS** 5G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 3G / **SODIUM** 225MG / **POTASSIUM** 305MG.

Spring Pea Salad with Strawberries

ACTIVE: 20 min **TOTAL:** 20 min

The tangy vinaigrette balances the grassy sweetness of the peas and fruity pop of the berries. (Photo: page 5.)

- 8 cups mixed salad greens
- 1 cup snow peas and/or snap peas, trimmed
- ¾ cup sliced strawberries
- ½ cup shelled fresh peas
- ¼ cup crumbled feta cheese
- ¼ cup chopped fresh mint
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons champagne vinegar
- 1 teaspoon honey
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

Arrange greens, snow (or snap) peas, strawberries, peas and feta on a serving platter. Whisk mint, oil, vinegar, honey, salt and pepper in a small bowl and drizzle over the salad.

SERVES 4: 2 cups each

CAL 179 / **FAT** 13G (SAT 3G) / **CHOL** 8MG / **CARBS** 12G / **TOTAL SUGARS** 6G (ADDED 1G) / **PROTEIN** 5G / **FIBER** 5G / **SODIUM** 263MG / **POTASSIUM** 510MG.

BLAINE MOATS, STYLING; SUE MITCHELL, PROPS

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Beef Chimichangas

ACTIVE: 30 min TOTAL: 45 min

Top these chimichangas with fresh salsa (found near other refrigerated dips and sauces) vs. jarred salsa to save on sodium and for a, well, fresh flavor.

- 1 tablespoon extra-virgin olive oil
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 pound lean (90% or leaner) ground beef
- 1 cup finely chopped mushrooms
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon kosher salt
- 1 cup reduced-sodium canned refried beans
- 1 4-ounce can chopped green chiles, preferably Hatch
- Olive oil or avocado oil cooking spray
- 6 8-inch whole-wheat flour tortillas
- 6 tablespoons shredded Cheddar cheese
- 1½ cups shredded romaine lettuce
- 6 tablespoons fresh tomato salsa

1. Place a large baking sheet in the oven; preheat to 425°F.
2. Heat oil in a large skillet over medium heat. Add onion and garlic; cook, stirring, until the onion is soft, about 2 minutes. Add beef, mushrooms, chili powder, cumin, oregano and salt; cook, breaking up the beef with a spoon, until the beef is no longer pink, 4 to 6 minutes. Stir in refried beans and chiles; cook, stirring, until hot, 1 to 2 minutes.
3. Remove the hot baking sheet from the oven, place on a heatproof surface and coat with cooking spray. Place a tortilla on a clean work surface and spread ⅔ cup of the beef mixture along the bottom third. Sprinkle with 1 tablespoon cheese, tuck the sides over the filling and roll up from the bottom into a burrito. Place seam-side down on the baking sheet. Repeat with the remaining tortillas, filling and cheese. Generously coat the tops and sides of the chimichangas with cooking spray.
4. Bake the chimichangas until browned, 10 to 15 minutes. Serve topped with lettuce and salsa.

SERVES 6: 1 each

CAL 390 / FAT 17G (SAT 5G) / CHOL 55MG / CARBS 36G / TOTAL SUGARS 5G (ADDED 0G) / PROTEIN 23G / FIBER 5G / SODIUM 683MG / POTASSIUM 468MG,

BLA Ns MJATS: STYLING: Sue Hoss/Food Styling by Mitch Hall (props)

GET SPICY! Find more fast, healthy Mexican recipes at eatingwell.com/webextra

Pack-and-Go Chef

Be the envy of your fellow picnickers when you whip out this colorful make-ahead rice salad

As warm weather returns each spring, my family spends a lot of time sitting on the sidelines of some field, watching one or the other son play the sport of the moment, or if I get a vote, hanging out on a picnic blanket listening to a concert in the park. Sure, picking up sandwiches is always an option, but it's so much nicer to have a homemade meal that can chill in our cooler until hunger strikes.

The solution? A satisfying meal-in-a-bowl rice salad loaded with veggies and lean protein. This recipe is infinitely flexible: I chose a colorful mix of snap peas, cherry tomatoes, radishes and spinach, but swap in your family's favorite vegetables. Feel free to change up the protein, too—cubed chicken in place of the shrimp or chickpeas, perhaps. Or cook up another whole grain if red rice isn't in your pantry. You can even pack the components separately so that everyone can create their own rice bowl, which satisfies picky eaters. And if the parsley is a deal breaker ("What are those green flecks?"), leave it out—you'll have another battle to pick soon, I'm sure.

BETTER OFF RED

Red rice gets its crimson hue from anthocyanins—good-for-you antioxidants also in strawberries, red cabbage and eggplant—which may help lower your heart disease risk and keep your mind sharp.

Shrimp & Vegetable Red Rice Salad

ACTIVE: 45 min **TOTAL:** 45 min
TO MAKE AHEAD: Refrigerate for up to 1 day

Bhutanese red rice has a nutty taste and pleasant chewy texture, but any type of rice will work in this salad. Check package directions: depending on the variety, red rice cooks for 20 to 50 minutes.

- 1 cup red rice *or* other whole-grain rice
- 6 tablespoons extra-virgin olive oil
- 4 tablespoons rice vinegar
- 3 tablespoons finely chopped shallot
- 3 tablespoons chopped fresh parsley (optional)
- 1½ tablespoons Dijon mustard
- ¾ teaspoon salt
- Freshly ground pepper to taste
- 1½ cups cooked medium shrimp, chopped, *or* one 15-ounce can chickpeas, rinsed
- 1½ cups packed coarsely chopped baby spinach
- 2 cups halved cherry tomatoes
- 1 cup thinly sliced sugar snap peas
- 1 cup diced radishes
- ½ cup crumbled feta cheese

1. Prepare rice according to package directions.
2. Meanwhile, whisk oil, vinegar, shallot, parsley (if using), mustard, salt and pepper in a large bowl.
3. When the rice is done, stir ½ cup of the vinaigrette into it, then spread it on a baking sheet and let cool to room temperature.
4. Add the cooled rice to the remaining vinaigrette along with shrimp (or chickpeas), spinach, tomatoes, peas, radishes and feta, gently stir to combine

SERVES 6: 1⅓ cups each

CAL 328 / **FAT** 17G (SAT 4G) / **CHOL** 95MG / **CARBS** 30G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 16G / **FIBER** 3G / **SODIUM** 522MG / **POTASSIUM** 387MG

BLAINE MOATS, STYLING; SUE MITCHELL (PROPS); INSET: TODD L. OLEMAN

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BROCCOLI-BACON: parsley + broccoli + currants + bacon

THAI: sweet chili sauce + napa cabbage + red bell pepper + cashews

ITALIAN: pesto + arugula + cherry tomatoes + pine nuts

1 POACH CHICKEN PERFECTLY

This poached chicken has crazy-good flavor. The secret? Using bone-in breasts and adding wine and herbs to the poaching liquid. Be sure that the liquid stays at a bare simmer or your meat will be tough. Strain the leftover poaching liquid and keep on hand to make soups, cook grains, etc.

Combine 3 cups low-sodium **chicken broth,** 1 cup dry **white wine,** 1 large **shallot** (halved), 3 sprigs fresh **thyme,** 1 **bay leaf** and ¼ tsp. each **salt** and whole **peppercorns** in a large saucepan. Add 2 bone-in, skin-on **chicken breasts** (1 lb. each), meaty-side down. Bring to a simmer over high heat. Reduce to a bare simmer and cook until an instant-read thermometer inserted in the thickest part without touching bone registers 165°F, 25 to 30 minutes. Transfer to a clean cutting board to cool. Shred or chop the meat into bite-size pieces. (Discard skin and bones.)

2 DRESS FOR SUCCESS

Mix nonfat yogurt with full-fat mayonnaise to save calories and add tang to the dressing. Change up the flavor by adding chopped fresh herbs or a sauce.

Combine ½ cup nonfat plain **Greek yogurt,** ⅓ cup **mayonnaise,** 2 Tbsp. minced **shallot,** 2 tsp. **lemon juice,** ½ tsp. each **salt** and **ground pepper** in a large bowl. Stir in 2 Tbsp. **Herbs or Sauce.**

FRESH HERBS

- BASIL
- CHIVES
- CILANTRO
- DILL
- MINT
- PARSLEY
- TARRAGON

SAUCES

- ANCHOVY PASTE
- CHILE-GARLIC SAUCE
- GOCHUJANG
- HOT SAUCE
- MISO
- PESTO
- SWEET CHILI SAUCE

LEIGH BESCHE, STYLING; DAN BECKER (FOOD), PHILIPPINE SCALL (PROPS)

MASTERING CHICKEN SALAD
4 EASY STEPS & endless combinations!

3 ADD THE GOOD STUFF

The best chicken salad isn't just chicken with dressing. It's full of vegetables and/or fruit to give it great texture and boost nutrients too.

Stir the chicken into the dressing along with 1½ to 2 cups **vegetables and/or fruit.**

CHOPPED

- APPLE
- AVOCADO
- BELL PEPPER
- BROCCOLI
- CARROT
- CAULIFLOWER
- CELERY
- JICAMA
- KOHLRABI
- PEAR
- SCALLION

HALVED/WHOLE

- ARUGULA
- CHERRY TOMATOES
- CORN KERNELS
- DRIED FRUIT
- GRAPES
- GREEN BEANS
- PEAS
- SNAP OR SNOW PEAS
- SPINACH

SLICED

- CABBAGE
- KALE
- RADISHES

4 DON'T FORGET TO TOP IT

A final flourish makes it look beautiful.

Serve the chicken salad sprinkled with 3 Tbsp. **Topper.**

- CRUMBLED COOKED BACON OR PROSCIUTTO
- CRUMBLED OR SHREDDED CHEESE
- CHOPPED FRESH HERBS
- CRUMBLED TOASTED NORI
- SLICED SCALLIONS
- TOASTED NUTS
- TOASTED SEEDS

ACTIVE: 35 min
TOTAL: 1 hour
SERVES 6: ¾ cup each
NUTRITION INFO: Page 118

STIR IT UP Find full recipes for these combos at eatingwell.com/webextra

Lemon & Herb Chicken Kebabs

ACTIVE: 50 min **TOTAL:** 50 min
TO MAKE AHEAD: Marinate chicken (Step 2) for up to 1 day in the refrigerator; refrigerate dipping sauce separately.
EQUIPMENT: Eight 8- to 10-inch skewers

Herbed yogurt does double duty as a marinade and dipping sauce for these colorful kebabs. Serve with brown rice or quinoa and a green salad.

- 1 cup low-fat plain yogurt
- Zest of 1 lemon
- 1 tablespoon lemon juice
- 1½ tablespoons chopped fresh oregano *and/or* marjoram
- 2 cloves garlic, minced
- 2 tablespoons extra-virgin olive oil, divided
- ¾ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1 pound boneless, skinless chicken thighs, trimmed, cut into 1-inch pieces
- 1 large bell pepper, cut into 1-inch pieces
- 1 medium red onion, cut into 1-inch pieces

1. Combine yogurt, lemon zest, lemon juice, oregano (and/or marjoram), garlic, 1 tablespoon oil, ½ teaspoon salt and ¼ teaspoon pepper in a medium bowl. Transfer ½ cup of the mixture to a small bowl and refrigerate until ready to use.
2. Add chicken to the remaining yogurt mixture and stir to coat. Let marinate at room temperature for 20 minutes or refrigerate up to 1 day.
3. Preheat grill to high.
4. Toss bell pepper and onion in a large bowl with the remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper. Thread the marinated chicken, bell pepper and onion pieces alternately onto eight 8- to 10-inch skewers. (Discard marinade.)
5. Reduce grill heat to medium. Oil the grill rack (*see Tip, page 44*). Grill the skewers, turning once, until the chicken is cooked through and the vegetables are tender-crisp, 6 to 8 minutes per side. Serve with the reserved yogurt sauce for dipping.

SERVES 4: 2 kebabs and 2 Tbsp. sauce each

CAL 291 / **FAT** 16G (SAT 4G) / **CHOL** 79MG / **CARBS** 10G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 25G / **FIBER** 2G / **SODIUM** 545MG / **POTASSIUM** 434MG.

RIFF IT

SPICE SWAP

Swap 1½ Tbsp. tandoori spice blend or hot curry powder for the herbs in Step 1.

RIFF IT

PASTA

Skip Step 2. Toss chicken with vegetables in Step 4. Grill everything in a grill basket. Toss with the sauce and 4 cups cooked whole-wheat pasta.

RIFF IT

VEGETARIAN

Swap one 14- to 16-ounce package extra-firm tofu (cut into 1-inch pieces) for the chicken.

BLAIN MOATS, STYLING: SUE HOSS FOOD; SUE MITCHELL PROPS; INSET: DOLLAR PHOTO CLUB (2)

MAKE IT For full recipes of the riffs, go to eatingwell.com/webextra

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Honey-Harissa Pork Tenderloin with Saffron Freekeh & Zucchini

ACTIVE: 20 min **TOTAL:** 30 min

If you can't find baby zucchini or pattypan squash, use 4 cups sliced small zucchini or summer squash instead (½ inch thick slices).

- 2 cups water
- 1 cup freekeh
- 3 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon saffron
- 1 teaspoon salt, divided
- ¾ teaspoon ground pepper, divided
- 1 pound baby zucchini *or* pattypan squash
- 1 pound pork tenderloin, trimmed, cut crosswise into 4 equal portions
- 2 tablespoons honey
- 2 teaspoons minced garlic
- 1½ teaspoons harissa

1. Preheat oven to 425°F

2. Combine water, freekeh, 1 tablespoon oil, saffron and ¼ teaspoon each salt and pepper in a medium saucepan. Bring to a boil. Reduce heat to maintain a simmer, cover and cook until the water is absorbed, about 20 minutes.

3. Meanwhile, toss squash with 1 tablespoon oil and ¼ teaspoon each salt and pepper. Sprinkle pork with the remaining ½ teaspoon salt and ¼ teaspoon pepper. Combine honey, garlic and harissa in a small bowl.

4. Heat the remaining 1 tablespoon oil in a large ovenproof skillet over medium-high heat; add the pork and cook until browned on the bottom, about 3 minutes. Turn the pork over and brush with the harissa mixture. Scatter the squash around the pork.

5. Roast until an instant-read thermometer registers 145° in the center of the pork, about 10 minutes. Slice the pork, if desired. Serve with the squash and freekeh, drizzled with the pan juices

SERVES 4: 3 oz. pork, 1 cup squash & ¾ cup freekeh each

CAL 444 **FAT** 15G (SAT 2G) / **CHOL** 74MG / **CARBS** 46G / **TOTAL SUGARS** 12G (ADDED 7G) / **PROTEIN** 32G / **FIBER** 9G / **SODIUM** 711MG / **POTASSIUM** 753MG.

How We Go Fast

1 Get Your Freekeh On!
As a rule, start grains (in this case freekeh) before doing anything else. They can cook unattended while you finish the rest of the meal.

2 Oh Baby, Baby
Cute baby vegetables make meals fast because they're prep-free. Look for them near prepared and/or specialty vegetables.

3 Cut It Up
Pork tenderloin is a lean, low-calorie protein choice. Cut the cooking time (and make it more weeknight-friendly) by portioning it into 4 "steaks" before cooking.

QUICK & DELICIOUS Find more dinner recipes ready in 30 minutes or less at eatingwell.com/webextra

BLAINE MOATS, STYLING; SUE HOSS/FOOD; SUE MITCHELL/PROPS

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Eat gluten-free and keep calories in check with this 1,500-calorie plan. It has tons of veggies and pops of flavor at every meal.

BY SARA HAAS, R.D.N., L.D.N.

DINNER / 411 CAL.

Grilled Flank Steak Salad with Ginger-Wasabi Dressing

ACTIVE: 40 min **TOTAL:** 40 min

To keep prep time minimal, go for pre-shredded carrots and coleslaw mix. If you have leftover quinoa, skip Step 1 and use 2 cups in the salad.

- 1¼ cups water
- ¾ cup quinoa
- 3 scallions, chopped
- 3 tablespoons coarsely chopped fresh ginger
- 3 tablespoons rice vinegar
- 2 tablespoons lime juice
- 2 tablespoons canola oil
- 2 tablespoons reduced-sodium tamari
- 1 tablespoon honey
- 2 teaspoons wasabi powder
- ½ teaspoon kosher salt, divided
- 1 pound flank steak, trimmed
- ¼ teaspoon ground pepper
- 1 5-ounce package baby spinach, baby kale or arugula
- 2 cups shredded carrots
- 2 cups coleslaw mix or shredded cabbage

1. Combine water and quinoa in a medium saucepan. Bring to a boil. Cover, reduce heat and simmer for 10 minutes. Remove from heat and let stand, covered, for 5 minutes. Transfer to a large bowl.

2. Preheat grill to medium-high.

3. Meanwhile, combine scallions, ginger, rice vinegar, lime juice, oil, tamari, honey, wasabi powder and ¼ teaspoon salt in a blender. Puree until smooth.

4. Season steak with pepper and the remaining ¼ teaspoon salt. Oil the grill rack (*see Tip, page 44*). Grill the steak, turning once, 4 to 6 minutes per side for medium. Transfer to a clean cutting board to rest for 5 minutes. Thinly slice against the grain.

5. Toss spinach (or kale or arugula), carrots, coleslaw mix (or cabbage) and ½ cup of the dressing with the quinoa. Divide the salad among 4 large bowls, top with the steak and drizzle each serving with 1 tablespoon of the remaining dressing.

SERVES 4: 3 oz. steak & 2⅓ cups salad each

CAL 411 / **FAT** 16G (SAT 3G) / **CHOL** 70MG / **CARBS** 36G / **TOTAL SUGARS** 10G (ADDED 4G) / **PROTEIN** 32G / **FIBER** 6G / **SODIUM** 631MG / **POTASSIUM** 1,062MG

BREAKFAST / 369 CAL.

Salsa Scrambled Eggs Top 2 scrambled **eggs** with 1 Tbsp. each shredded **Jack cheese** and **fresh salsa** and 1 teaspoon **fresh cilantro.** Serve with 2 **corn tortillas** and 1 small **banana.**

MORNING SNACK / 82 CAL.

Raspberry Yogurt with Dark Chocolate Mash 2 Tbsp. **raspberries,** ⅓ cup low-fat plain **Greek yogurt** and ½ tsp. **honey.** Top with 2 Tbsp. raspberries and a sprinkle of grated **dark chocolate.**

LUNCH / 367 CAL.

White Bean Spread with Fennel & Carrot Slaw Mash ½ cup canned **white beans** (rinsed) with 1 Tbsp. **feta cheese** and 2 tsp. **vinaigrette.** Spread on 3 **gluten-free crackers** (3"x4"). Toss ⅓ cup each shredded **fennel** and **carrot** with 1 Tbsp. **lemon juice.** Top the crackers with the slaw. Serve with 1 large **kiwi.**

AFTERNOON SNACK / 113 CAL.

Lime & Parmesan Popcorn Lightly coat 2 cups plain air-popped **popcorn** with **olive oil cooking spray;** toss with 1 Tbsp. **Parmesan cheese,** 1 tsp. **lime zest** and a pinch each of **chili powder** and **salt.**

DESSERT / 169 CAL.

Pretzels with Dark Chocolate & Peanut Butter Microwave 1 tsp. each **creamy natural peanut butter** and **dark chocolate.** Serve with 10 **mini gluten-free pretzel twists** and 1 cup **nonfat milk.**

GLUTEN-FREE RECIPES Find 30+ crazy-good gluten-free dinners at eatingwell.com/webextra

BLAYNE MYATT, STYLING; SUE BOSS, FOOD STYLING; MITCHELL KOPP,

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Salad for Breakfast?

Kale yeah! Start your day off with a bowl of greens and knock out half your daily veggie quota in 2 steps.

STEP 1 **Make your dressing.** Mash together 1 teaspoon minced **garlic** and a pinch of **salt** with the side of a chef's knife or a fork to form a paste (*see how to do it on page 116*). Whisk the garlic paste with 1 tablespoon **extra-virgin olive oil**, 2 teaspoons **red-wine vinegar** and a pinch of **pepper** in a medium bowl.

STEP 2 **Mix it up.** Toss with 3 cups lightly packed **baby kale**, choose one of the **topping combos** shown here and serve.

SERVES 1: ABOUT 2½ CUPS EACH
NUTRITION ANALYSIS: PAGE 118

Quinoa Power

½ cup cooked **quinoa**
+
½ cup sliced **strawberries**
+
1 Tbsp. salted **pepitas**

Smoked Trout & Avocado

¼ cup flaked **smoked trout**
+
¼ sliced **avocado**
+
1 Tbsp. finely chopped **red onion**

Bacon & Egg

1 piece crumbled cooked **bacon**
+
1 fried or poached **egg**

VEG OUT Get the full recipes for these salads & more veg-powered breakfasts at eatingwell.com/webextra

BLAINE MILAM'S STYLING BY ROSS FOOD: SUE MITCHELL PHOTO'S

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Jalapeño Popper-Chicken Panini

ACTIVE: 30 min **TOTAL:** 30 min
EQUIPMENT: Panini maker

We took the flavors of a jalapeño popper and put them in this toasty sandwich. Serve with a mixed green salad. P.S. Don't toss the jalapeños' pickling liquid: use the flavorful brine in place of vinegar in dressings.

- 2 8-ounce boneless, skinless chicken breasts, trimmed, cut in half crosswise
- ½ cup reduced-fat whipped cream cheese
- ⅓ cup finely chopped pickled jalapeños
- 8 slices crusty whole-wheat bread
- 1 large tomato, cut into 8 slices

1. Place chicken between 2 large pieces of plastic wrap. Pound with the smooth side of a meat mallet or heavy saucepan to an even ¼ inch thickness. Sprinkle both sides with ¼ teaspoon each salt and ground pepper

2. Heat 1 tablespoon canola oil in a large skillet over medium-high heat. Add the chicken and cook until no longer pink in the middle, 3 to 4 minutes per side. Transfer to a plate.
3. Preheat a panini maker to high.
4. Combine cream cheese and jalapeños in a small bowl. Spread a generous 1 tablespoon of the mixture on each piece of bread. Divide the chicken and tomato among 4 of the pieces and top with the remaining bread. Lightly brush both sides of the sandwiches with 1 tablespoon canola oil. Cook 2 sandwiches at a time in the panini maker until crisp, 2 to 3 minutes.

SERVES 4: 1 sandwich each

CAL 407 / **FAT** 18G (SAT 6G) / **CHOL** 84MG / **CARBS** 27G / **TOTAL SUGARS** 5G (ADDED 2G) / **PROTEIN** 33G / **FIBER** 4G / **SODIUM** 639MG / **POTASSIUM** 484MG

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Riley Starks & the

The spotter saw the school first. "Take 'em!" he cried. Winches screamed to life as three crew members raced deckside to haul in the net, pulling hand over hand with abandon. In a matter of seconds, with water flying and fish jumping, the crew corralled dozens of four-pound pink salmon and funneled them into a holding tank, where they swam in languid circles. Riley Starks (above), who had just arrived at the fishing rig anchored near the San Juan Islands, with a Seattle chef in tow, admired the catch. "They're beautiful, they're wild and they're the future," he mused.

Not long ago, calling pink salmon the future would have earned a scornful laugh. Pinks are the smallest, most abundant and traditionally least valuable of our Pacific salmon. (*See "Salmon Smarts," page 30.*) They have a lower fat content than other species and while mild and tasty, lack the rich flavor of king and sockeye salmon. The visiting chef had only seen pink salmon in cans. But Starks, one of the founders of Lummi Island Wild, a fishermen's co-op near Bellingham, Washington, was poised to challenge the status quo. He aims to see these underutilized pinks on a bed of ice at the best fish counters and served in the finest restaurants.

Fresh from the briny ocean, these pink salmon belie popular opinion. For one thing, when handled with care the way his crew does, they display the firm texture and distinct flavor consumers want

Wild Pink Salmon

In Puget Sound, one fisherman is using a centuries-old netting method to catch the underappreciated and wildly abundant pink salmon and turn it into chefs' gold

STORY & LOCATION PHOTOGRAPHY BY
Langdon Cook

from a good cut of salmon. For another, they are all wild—which is to say they were born in the gravel bed of a free-flowing river as nature intended. By contrast, much of the Pacific-salmon catch relies on millions of hatchery salmon fertilized in plastic trays and released into the ocean. Then there are farmed salmon—raised in net pens all over the world—many of which are fed beta carotene to dye their flesh and antibiotics to keep them healthy.

At Starks's invitation, I was rocking on a barge-like craft anchored a few hundred yards off Lummi Island's Village Point in northern Puget Sound, witnessing a rare form of commercial fishing called reef netting. It was a sunny summer day. Green islands rose up out of a pewter-stained bay and great blue herons perched like gargoyles on nearby crab-pot buoys. The current streamed past, carrying along flecks of foam and jellyfish. Hidden below the water, schools of salmon migrated north toward the Fraser River, one of the world's most productive salmon rivers, just over the border in Canada.

The crew lowered their net back into the depths and turned their attention to the fish in the tank. Among the pink salmon was a much heavier chinook, broad-backed with a tail like a garden spade. This was the fish everyone wanted—also called the king—but wild Puget Sound chinook are protected by the Endangered Species Act. When he had a free moment, a tall, lanky Texan exile under the spell of the Pacific Northwest caught the fish, cradling it in

his arms before letting it go over the side to continue its spawning journey. Everyone watched it kick its massive tail and disappear beneath the slate-blue waters of Rosario Strait. "Dude, you should get that on video," the reef netter drawled as I took photos. He was proud of his work. This was just one of many differences that reef netting enjoys over virtually every other form of commercial fishing on the planet.

Ancient and nearly extinct, the art of reef netting was first developed by Native Americans in the Puget Sound region. The reef itself is a bit of legerdemain, a concatenation of rope lines and flagging that mimics shoals, guiding migrating salmon into a tightening trap. When a school of fish comes into range, a spotter standing in a 20-foot tower alerts his crew. The catch is quickly hauled aboard and siphoned into a live well so that the fish can be sorted by hand and any unwanted species (often called bycatch) returned to the sea unharmed. While waiting for the next call from the spotter, the crew works quickly to "clip a gill" so the blood will drain from each salmon, after which the fish are transferred to totes packed with slush ice before delivery to a land-based processor.

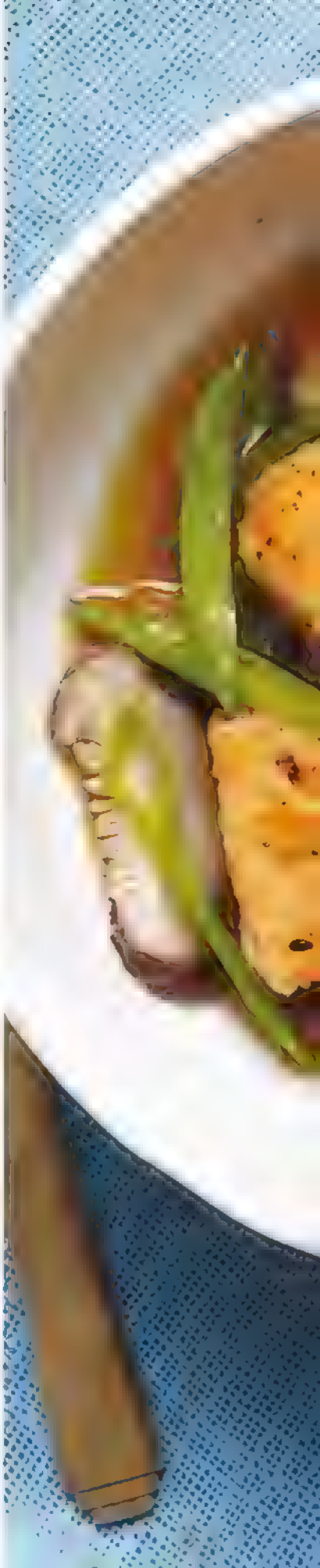
The hands-on nature of reef netting means more unintended catch return to the sea alive—with a good chance of staying alive.

This process—bleeding, icing and quickly transporting fish—guarantees the best possible product for the discerning chef or home cook. "All scales intact," Starks pointed out, noting the relatively humane manner of their capture, which ensures that even the delicate flesh of the pinks gets to market in pristine condition.

Other fisheries can't match this artisan quality. Large netting rigs called purse seines are designed to supply canneries with volume, sometimes thousands of fish in a single catch—a pile of flopping salmon on board that can't possibly be sorted by hand and often end up badly damaged. Gill nets, though smaller in scale (with a good catch measured in the hundreds rather than the thousands), will also sometimes bruise fish. While both of these netting techniques have relatively low bycatch, the hands-on nature of reef netting leads to more unintended catch returning to the sea alive—with a good chance of staying alive.

Now in his mid-sixties, Starks has fished most of his life, ever since he realized he didn't want a desk job and turned instead toward the elements. In between trips to the fishing grounds, he roasted coffee beans, bred chickens and grew heirloom tomatoes. But fishing remained the constant: herring in San Francisco Bay, Dungeness crab in Georgia Strait, sockeye salmon in Bristol Bay. Reef netting is the culmination of his career. Today there are 11 reef-net permits in the United States—eight off Lummi Island and three in the nearby San Juan Islands. Starks and his partners own four of these permits. He hopes to revitalize this ancient art, while demonstrating that reef-net salmon—all varieties, especially pinks—are the best-eating salmon in the world.

If you talk to Blaine Wetzel, chef at the Willows Inn on Lummi Island, you can



RECIPES BY
Becky Selengut

FOOD PHOTOGRAPHY BY
Penny De Los Santos

Agedashi Salmon with Snow Peas, Shiitakes & Salmon Roe

ACTIVE: 50 min **TOTAL:** 1 hr

A twist on a classic Japanese dish inserts Pacific Northwest salmon in place of the traditional tofu. This agedashi gets extra kick from shichimi togarashi, a Japanese chile pepper blend, available in well stocked markets or online.

DASHI (BROTH)

- ⅛ ounce kombu (dried kelp)
- 4 dried shiitake mushrooms
- 2 cups cold water
- ¼ ounce bonito flakes (dried smoked fish flakes; about 1¾ cups)
- 2 tablespoons reduced-sodium soy sauce
- 1½ tablespoons mirin
- ¾ cup snow peas, trimmed and thinly sliced

SALMON

- 8 ounces skinned wild salmon, cut into 1-inch cubes
- ½ teaspoon shichimi togarashi (Japanese red pepper mix), plus more for serving
- ½ teaspoon lemon zest
- ¼ cup potato starch
- ¾ cup canola oil *or* grapeseed oil
- 4 teaspoons salmon roe for garnish
- 4 lemon wedges for serving

1. To prepare dashi: Combine kombu, shiitakes and water in a medium saucepan; let stand for 30 minutes.

2. Bring the kombu mixture just to a boil. Remove from heat. Transfer the kombu and shiitakes to a clean cutting board. Add bonito flakes to the dashi; return to a boil and simmer for 2 minutes. Remove from heat and let stand, covered, for 5 minutes. Strain (discard the bonito flakes). Rinse out the pot.

3. Thinly slice the kombu; set aside. Discard any shiitake stems and thinly slice the caps. Return to the pot along with the strained dashi, soy sauce and mirin. Bring just to a boil over high heat. Remove from heat, add snow peas and cover to keep warm.

4. To prepare salmon: Gently mix salmon with shichimi togarashi and lemon zest in a medium bowl. Add potato starch and toss to coat.

5. Heat oil in a medium skillet over medium-high heat until shimmering. Carefully add the salmon; cook just until starting to brown, 1 to 2 minutes per side. Transfer to a paper towel lined plate.

6. To serve, divide the dashi mixture among 4 small bowls and top with the salmon, the reserved kombu and salmon roe, if desired. Serve with lemon wedges.

SERVES 4; about ¾ cup each

CAL 196 / **FAT** 9G (SAT 1G) / **CHOL** 27MG / **CARBS** 14G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 14G / **FIBER** 1G / **SODIUM** 358MG / **POTASSIUM** 464MG

Riley Starks calls his reef-netting operation the most sustainable fishery on Earth. Much of the equipment is recycled, including the solar-powered winches that hoist the net (salvaged from World War II-era bombers). The ability to target abundant runs of pinks, which can total more than half the annual harvest of Pacific salmon, while safely releasing other species is the pièce de résistance.

> "I believe in pink salmon. It's an amazing resource that's underutilized. We need to get it on menus and dinner plates."

see that Starks's campaign to reevaluate the pink's culinary attributes is gaining ground. "Treat it like a trout," he told me—a trout that's spent the better part of its life at an all-you-can-eat shrimp buffet. Wetzel likes to lightly smoke them—just a half hour or so in the smoker—before finishing them in the pan to get a crispy edge. The only pink salmon on his menu are reef-net caught.

Though near retirement age, Starks is just hitting his stride. Last year, in a bid to increase the catch and ramp up the appeal of reef-net salmon, the co-op deployed a brand-new $1.4 million custom-built tender, a 40-foot boat that can deliver 50,000 pounds of iced fish a day to a processor on the mainland.

There's a lot riding on this investment. Despite large returns of sockeyes and pinks to the Fraser River in recent years, a huge layer of uncharacteristically warm water in the Gulf of Alaska—dubbed "the blob" by marine scientists—has diverted most of the sockeye salmon through Johnstone Strait in British Columbia, hurting American fishermen to the south. That's why Starks is banking on pinks. "I believe in pink salmon," he said, with the seriousness of a religious convert. "I believe it's an amazing resource that's underutilized and it's wrong to be underutilized. We need to get it on menus and dinner plates."

Before leaving Lummi Island, I met up with a few representatives from Patagonia Provisions. The eco-minded company's food division had just inked a deal to sell Lummi Island Wild smoked pink fillets in its retail stores and tell the story of the reef netters on the packaging. At a celebratory luncheon at the Willows Inn, Riley Starks watched like a proud parent as the Patagonia reps, already late for a ferry back to the mainland, tucked into the once-lowly pink salmon and asked for more. Dressed in his usual jeans, canvas work shirt and boots, the reef netter at the table didn't look the part of a corporate contract signatory. "A handshake is all I really need," he said before heading back out to the beach to check on the day's catch.

LANGDON COOK *is the author of* The Mushroom Hunters. *His next book, on salmon, will be published by Ballantine in 2017. He lives in Seattle.*

Salmon is easy to prepare and make absolutely gorgeous once you know how to cook it properly. The fillets cook fast and continue to cook when off the heat. For the best texture, cook about 3 minutes per ½ inch of thickness. Check the doneness with an instant-read thermometer (it should be about 130°F) or peek into the thickest part of the flesh with a fork—it should be just opaque.

Seared Salmon, Morels & Fava Beans with Green Goddess Sauce

Salmon Smarts

Most wild salmon is considered a sustainable choice. There are five species of salmon commercially fished in the Pacific. The most commonly farmed species is Atlantic, which no longer has a significant wild population. Most farmed salmon is not considered a sustainable choice. The exception: fish raised in land- or tank-based systems. ■ *Salmon is usually frozen the day it was caught, so make that your choice if you want to be sure you're getting the freshest fish possible. The "organic" label means nothing because there is no regulated organic standard for salmon.*

WILD PACIFIC SALMON

CHUM ***(dog or keta)***
Lean and affordable. Best cooked with moist-heat techniques, like braising or simmering.

COHO ***(silver)***
Mild flavor. Just enough fat to grill or bake; equally good poached or cooked gently in soups.

SOCKEYE ***(red)***
Very flavorful. Firm flesh and high in fat. Thin fillets can easily overcook.

KING ***(chinook)***
Largest species, with the most fat. Perfect for roasting or the grill.

PINK ***(humpies)***
Smallest, most plentiful species with a delicate flavor. Most often canned. Poach or sauté if fresh. Buy online at *Lummiislandwild.com*

FARMED SALMON

ATLANTIC ***(leaper)***
Large and high in fat, this salmon is full flavored, moist and very versatile for cooking.

ILLUSTRATIONS: EMMA DIBBEN
RECIPE STYLING: NORA SINGLEY (FOOD), BETH FLATLEY (PROPS);
SALMON FOR RECIPES: COURTESY WILD ALASKA SALMON

Grilled Salmon with Watercress Salad & Buttermilk Dressing

ACTIVE: 35 min **TOTAL:** 35 min
TO MAKE AHEAD: Refrigerate dressing and store croutons airtight at room temperature for up to 3 days.

With a nod toward German cuisine, rye croutons, mustard and sauerkraut pair beautifully with wild salmon from the Northwest. Most large supermarkets sell sauerkraut in the refrigerated section; if you can't find purple sauerkraut, feel free to use green (or make your own!). A rich dill-infused buttermilk dressing brings it all together.

CROUTONS

- **2 cups cubed rye bread (½-inch)**
- **1 teaspoon extra-virgin olive oil**

BUTTERMILK DRESSING

- **⅓ cup buttermilk**
- **3 tablespoons mayonnaise**
- **1 tablespoon cider vinegar**
- **1 tablespoon chopped fresh dill**
- **1 teaspoon Dijon mustard**
- **1 small clove garlic, minced**
- **¼ teaspoon fine sea salt**
- **Hot sauce to taste**

SALMON & SALAD

- **1 pound wild salmon, skin-on, cut into 4 portions**
- **¼ teaspoon fine sea salt**
- **¼ teaspoon ground pepper**
- **8 cups gently packed trimmed watercress (about 2 large bunches)**
- **½ cup fresh sauerkraut, preferably purple *(see Tip, page 116)***

1. Preheat oven to 350°F.
2. To prepare croutons: Toss bread and oil in a medium bowl. Spread on a rimmed baking sheet. Bake until crisp, 10 to 15 minutes.
3. Meanwhile, preheat grill to high.
4. To prepare dressing: Whisk buttermilk, mayonnaise, vinegar, dill, mustard, garlic, ¼ teaspoon salt and a couple dashes of hot sauce in a small bowl.
5. To prepare salmon: Season salmon with salt and pepper. Oil the grill rack (*see Tip, page 44*). Grill the salmon, skin-side down and without turning, until just cooked through, 3 to 6 minutes, depending on thickness. Transfer to a clean plate and tent with foil to keep warm.
6. Toss watercress with half of the dressing. Serve the salmon on the salad, garnished with sauerkraut and the croutons. Serve the remaining dressing on the side.

SERVES 4: 3 oz. salmon & 2 cups salad each

CAL 279 / **FAT** 14G (SAT 3G) / **CHOL** 58MG / **CARBS** 11G / **TOTAL SUGARS** 3G (ADDED 1G) / **PROTEIN** 26G / **FIBER** 2G / **SODIUM** 568MG / **POTASSIUM** 623MG

Seared Salmon, Morels & Fava Beans with Green Goddess Sauce

ACTIVE: 40 min **TOTAL:** 40 min

TO MAKE AHEAD: Refrigerate sauce for up to 5 days; let stand at room temperature for 30 minutes before serving.

Salmon with morels is classic in the Pacific Northwest spring. To rehydrate dried morels, soak in 1 cup boiling water for 20 to 30 minutes. Remove the mushrooms and strain the liquid through a fine sieve to remove any grit. (Photo: page 79.)

GREEN GODDESS SAUCE

- ½ cup low-fat plain yogurt
- 3 tablespoons extra-virgin olive oil
- ½ cup fresh parsley
- ¼ cup packed fresh basil
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh dill
- 2 tablespoons chopped fresh mint
- 2 tablespoons chopped fresh tarragon
- 1 tablespoon lemon juice
- 1 anchovy fillet
- ¼ teaspoon fine sea salt
- ⅛ teaspoon ground pepper

SALMON & VEGETABLES

- 8 ounces fresh morels, trimmed, *or* 1 ounce dried morels, soaked
- 1 pound wild salmon, skin-on, cut into 4 portions
- ½ teaspoon fine sea salt, divided
- 2 tablespoons extra-virgin olive oil, divided
- 3 cups shelled fresh fava beans (from about 2 pounds unshelled) *or* shelled edamame (thawed if frozen)
- 1 clove garlic, minced
- ¼ teaspoon ground pepper, or to taste
- ½ cup low-sodium mushroom broth *or* soaking liquid
- ¼ cup chopped mixed fresh herbs, such as parsley, dill *and/or* tarragon

1. To prepare sauce: Combine yogurt, 3 tablespoons oil, parsley, basil, chives, dill, mint, tarragon, lemon juice, anchovy, ¼ teaspoon salt and ⅛ teaspoon pepper in a blender. Puree until very creamy and bright green.

2. To prepare salmon & vegetables: If using fresh morels, briefly swish in a large bowl of tepid water. Drain and repeat to remove all the dirt. Gently but thoroughly pat dry; halve if large.

3. Pat salmon skin very dry with a paper towel. Sprinkle the flesh with ¼ teaspoon salt. Heat 1 tablespoon oil in a large cast-iron skillet over medium-high heat until shimmering. Swirl the oil to coat the pan, then add the salmon, skin-side down. Using a spatula, gently press on the salmon to keep the pieces relatively flat; cook until the skin begins to crisp, 2 to 3 minutes. To check it, lift up the fish and carefully touch the skin: it will be firm if it's crispy. Turn the fish over and cook until just cooked through, 1 to 3 minutes more. Carefully transfer to a clean plate.

4. Reduce heat to medium. Add the remaining 1 tablespoon oil, fava beans (or edamame), morels, garlic, pepper and the remaining ¼ teaspoon salt. Cook, stirring, for 2 minutes. Add mushroom broth (or the soaking liquid, if using dried morels); cook until most of the liquid has evaporated, 2 to 3 minutes. Stir in mixed herbs. Remove from heat.

5. Serve the salmon on the sauce with the vegetables.

SERVES 4: 3 oz. salmon, ½ cup vegetables & ¼ cup sauce each

CAL 540 / **FAT** 24G (SAT 4G) / **CHOL** 56MG / **CARBS** 46G / **TOTAL SUGARS** 23G (ADDED 0G) / **PROTEIN** 44G / **FIBER** 18G / **SODIUM** 388MG / **POTASSIUM** 1,331MG

Washington Wines

Rich red wines from Washington State garner a lot of praise, but these salmon recipes call for crisp, acidic whites to balance the Asian and herb-heavy flavors. Luckily, there are several Northwest wineries with exquisite, food-friendly offerings.

Look for dry Rieslings, such as the Evergreen by Efesté and Poet's Leap from the Long Shadows Vintners Collection, floral Viognier from Andrew Will or the white Rhône blend "Shepherds Mark" from Alexandria Nicole Cellars.

Or if you happen to be in the Puget Sound, stop by San Juan Vineyards or Bainbridge Vineyards. These small wineries are producing wines from the Siegerrebe and Madeline Angevine grapes, two local varietals that yield wines with a touch of salinity that scream to be poured alongside seafood.

Slow-Roasted Salmon with Soy-Caramel Sauce, Carrot Puree & Crispy Leeks

Salmon Tartare

Salmon Tartare

ACTIVE: 25 min **TOTAL:** 25 min

Naturally rich salmon is brightened with the addition of Meyer lemon. If Meyer lemons aren't available, use a regular lemon for the zest and sub 2 teaspoons lemon juice plus 1 teaspoon orange juice for the Meyer lemon juice. Serve with cucumber, endive and toasted baguette, if desired.

- 1 pound previously frozen wild salmon (*see Tip*), skinned
- 8 pitted Castelvetrano olives, sliced into thin slivers
- 2 tablespoons chopped celery leaves *or* fresh parsley
- 1 tablespoon fruity extra-virgin olive oil plus 1 teaspoon, divided, plus more for garnish
- 1 teaspoon Meyer lemon zest
- 3 teaspoons Meyer lemon juice, divided
- 2 teaspoons minced fresh lemon thyme *or* ½ teaspoon minced fresh thyme
- ¼ teaspoon cayenne pepper
- ¼ teaspoon fine sea salt plus a pinch, divided
- Freshly ground pepper to taste
- ¼ cup thinly sliced celery
- 6 small very fresh egg yolks *or* quail egg yolks (optional)
- Maldon salt for garnish

1. Trim off any gray meat from the skinned side of the salmon, then cut into ¼-inch cubes. Pat dry with paper towels. Transfer to a bowl and gently mix with olives, celery leaves (or parsley), 1 tablespoon oil, lemon zest, 2 teaspoons lemon juice, thyme, cayenne, ¼ teaspoon salt and pepper.

2. Combine celery with the remaining 1 teaspoon each oil and lemon juice and a pinch of salt.

3. Form the salmon mixture into 6 rounds, using about ½ cup per portion. If using egg yolks, make a slight indentation in the center of each portion and place a yolk into it. Garnish with the celery, Maldon salt and a drizzle of oil.

SERVES 6: about ½ cup each

CAL 137 / **FAT** 8G (SAT 1G) / **CHOL** 35MG / **CARBS** 0G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 15G / **FIBER** 0G / **SODIUM** 159MG / **POTASSIUM** 297MG.

TIP: Raw wild salmon may contain parasites—but commercial freezing kills them, so look for salmon labeled "frozen at sea" for tartare. Buy it from a high-quality fish market and tell them how you plan to serve it.

SUSTAINABLE SEAFOOD Find out the best—and worst—seafood choices for the environment at eatingwell.com/webextra

Slow-Roasted Salmon with Soy-Caramel Sauce, Carrot Puree & Crispy Leeks

ACTIVE: 45 min **TOTAL:** 45 min

TO MAKE AHEAD: Refrigerate sauce for up to 3 days.

Slow-roasting salmon at a lower heat creates an unctuous texture different from what you might be used to. Use the leftover oil from the crispy leeks for salad dressing or to cook eggs.

CARROT PUREE

- 1 pound carrots, cut into ½-inch rounds
- ½ cup unsalted raw cashews
- 1 cup boiling water
- Pinch of fine sea salt

LEEKS & SALMON

- ½ cup canola oil *or* grapeseed oil
- 1¾ cups very thinly sliced leeks (3-inch pieces), white and light green parts
- 1 pound wild salmon, skin-on, cut into 4 portions
- ⅛ teaspoon fine sea salt

SOY CARAMEL SAUCE

- ¼ cup sake
- 3 tablespoons mirin
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon lemon juice
- 1 teaspoon honey
- 2 tablespoons cold unsalted butter, cut into 4 pieces

1. Preheat oven to 300°F.

2. To prepare carrot puree: Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add carrots and cashews; cover and steam until the carrots are very tender, about 15 minutes. Transfer the carrots and cashews to the blender, add 1 cup boiling water and pinch of salt; puree until very smooth and creamy, 1 to 2 minutes. Discard the steaming water and return the puree to the pot; cover to keep warm.

3. To prepare leeks: Heat oil in a medium skillet over medium-high heat. Add a few strips of leek: if they bubble immediately, the oil is hot enough. Add one-third of the leeks, stirring gently with a fork until they start to brown and crisp, 2 to 4 minutes. Transfer to a paper towel–lined plate. Repeat with the remaining leeks, in 2 batches, reducing the heat if the oil gets too hot. Transfer the remaining oil to a heatproof bowl to cool, then refrigerate for another use for up to 2 weeks, if desired. Wipe out the pan.

4. To prepare salmon: Coat a baking sheet with cooking spray. Place the salmon, skin-side down, on the baking sheet and sprinkle with salt. Roast until just cooked through, 12 to 18 minutes, depending on thickness.

5. To prepare soy-caramel sauce: Meanwhile, combine sake, mirin, soy sauce, lemon juice and honey in the skillet. Bring to a boil over high heat. Reduce heat and simmer until reduced by half, 4 to 6 minutes. Remove from heat; add butter a piece at a time, whisking until each has melted.

6. Serve the salmon with the carrot puree, topped with leeks and drizzled with the sauce.

SERVES 4: 3 oz. salmon, ½ cup puree, ¼ cup leeks & 1 Tbsp. sauce each

CAL 432 / **FAT** 23G (SAT 7G) / **CHOL** 68MG / **CARBS** 23G / **TOTAL SUGARS** 11G (ADDED 1G) / **PROTEIN** 27G / **FIBER** 4G / **SODIUM** 452MG / **POTASSIUM** 880MG.

BECKY SELENGUT *is a Seattle-based cooking instructor, private chef and author of* Good Fish: Sustainable Seafood Recipes from the Pacific Coast *(Sasquatch Books, 2011).*

One-Bowl Desserts

Whipping up a homemade dessert for a picnic or potluck has rarely been so easy. Whether you're in the mood for a fudgy brownie, chewy cookie or a fruit-filled tart, you'll find all you need for simplifying dessert right here.

BY STACY FRASER

PHOTOGRAPHY BY LEIGH BEISCH

Crust Craft
The press-in almond crust for this fresh fruit tart doubles as the pretty crumble topping.

Apricot-Strawberry Tart, page 90

Blueberry-Lemon Ricotta Pound Cake

ACTIVE: 30 min. **TOTAL:** 4 hrs (including 2 hours cooling time)
TO MAKE AHEAD: Wrap cooled cake airtight and store at room temperature for up to 1 day; glaze shortly before serving.

When you have cake this good, you can skip the frosting and go with a thin layer of lemon glaze instead. For the best cake texture, be sure to beat the sugar and butter together long enough in Step 2 to look creamy—the time it takes to get there varies according to the type of electric mixer you have.

- ¾ cup granulated sugar
- 5 tablespoons unsalted butter, at room temperature
- 3 large eggs, at room temperature *(see Tip, below)*
- ¾ cup part-skim ricotta cheese
- 2 tablespoons lemon zest
- 2 tablespoons lemon juice plus 1 teaspoon, divided
- 1 teaspoon vanilla extract
- 1½ cups white whole-wheat flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 cups fresh blueberries
- 2 tablespoons packed confectioners' sugar

1. Preheat oven to 350°F. Coat a 9-by-5-inch loaf pan with cooking spray and line the bottom with parchment paper.
2. Beat sugar and butter in a large bowl with an electric mixer on medium-high speed until creamy. Beat in eggs, one at a time, until fully incorporated. Reduce the mixer speed to medium-low and beat in ricotta, lemon zest, 2 tablespoons lemon juice and vanilla until just combined. Sprinkle flour on top, then evenly sprinkle baking powder and salt over the flour. With the mixer on low speed, beat until almost combined. Add blueberries and gently fold into the batter. Transfer to the prepared pan.
3. Bake the cake until starting to brown around the edges and a tester inserted in the center comes out clean, about 1 hour. Let cool in the pan on a wire rack for 20 minutes. Run a knife around the edge to loosen the cake, then invert it onto the rack. Carefully turn it right-side up. Let cool completely.
4. Clean the bowl, add confectioners' sugar and whisk in the remaining 1 teaspoon lemon juice until smooth. Brush the glaze on the cake.

SERVES 8: one 1-inch-thick slice each

CAL 303 / **FAT** 11G (SAT 6G) / **CHOL** 96MG / **CARBS** 45G / **TOTAL SUGARS** 25G (ADDED 21G) / **PROTEIN** 8G / **FIBER** 3G / **SODIUM** 319MG / **POTASSIUM** 124MG.

Cake Lift
Room-temperature eggs make cakes fluffier. Here's a quick trick: place them (in the shell) in a bowl of lukewarm water for about 5 minutes.

Sweet Swap
Adding fruits and vegetables to treats lets you cut back on added sugar—and no one will be the wiser.

Upside-Down Cinnamon-Pecan Coffee Cake

ACTIVE: 30 min **TOTAL:** 1½ hrs

TO MAKE AHEAD: Wrap cooled cake in foil and store at room temperature for up to 1 day; reheat in foil at 300°F for 30 minutes.

Layering the elements of this coffee cake right into the pan lets you skip the steps of making the batter and the nut topping separately. To make it so the cake can be served like "pull-apart" rolls, dollop 16 equal portions of batter over the nuts. If you don't want to fuss with that, dollop the batter on top however you like.

- 2 cups toasted pecans, coarsely chopped
- ⅔ cup packed light brown sugar
- 2 teaspoons ground cinnamon
- Pinch of salt plus ½ teaspoon, divided
- 2 teaspoons vanilla extract
- 12 tablespoons (1½ sticks) cold unsalted butter, cut into small pieces, divided
- 2¾ cups white whole-wheat flour
- 3 tablespoons granulated sugar
- 1 tablespoon baking powder
- ¼ teaspoon baking soda
- 1¾ cups buttermilk

1. Preheat oven to 350°F. Line a 9-by-13-inch baking pan with foil, letting it overhang the sides; coat with cooking spray.

2. Spread pecans and brown sugar in the prepared pan; sprinkle with cinnamon and a pinch of salt, then drizzle with vanilla. Evenly distribute 5 tablespoons of the butter pieces over the nut mixture.

3. Whisk flour, granulated sugar, baking powder, baking soda and the remaining ½ teaspoon salt in a large bowl. Work the remaining 7 tablespoons butter into the flour mixture using a pastry blender, two knives or your fingertips until it's pea-sized. Make a well in the center of the mixture. Pour in buttermilk and stir just until combined. Cover the nut mixture with dollops of dough (about 1 heaping tablespoon each); it's OK if there are a few uncovered spots.

4. Bake the coffee cake until bubbling around the edges and barely starting to brown on top, about 35 minutes. Invert a serving platter or cutting board on top of the hot cake; holding both, carefully turn them over and remove the baking pan. Spoon any stray topping back onto the cake. Let cool for 20 minutes. Serve warm.

SERVES 16: one 2-by-3-inch piece each

CAL 288 / **FAT** 18G (SAT 6G) / **CHOL** 24MG / **CARBS** 30G / **TOTAL SUGARS** 13G (ADDED 11G) / **PROTEIN** 5G / **FIBER** 3G / **SODIUM** 248MG / **POTASSIUM** 136MG.

Flipped Out
Turning an upside-down cake out of the pan as soon as it's done is the best way to keep all the topping on the cake.

Strawberry Beet Smoothie

Makes about 2 cups or 16 oz. (1-2 servings)

Combine all ingredients, blend until smooth:

10-12 frozen strawberries
1 small or medium raw red beet
2 tbsp. Udo's Choice 3•6•9 Oil Blend
A handful of goji berries (optional)
½ medium lemon (preferably Meyer), juiced
1 tsp. fresh ginger, minced or finely grated
½ cup of cold water

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One-Bowl Desserts

Oatmeal-Peanut Butter Cookies with Dates

ACTIVE: 1 hr **TOTAL:** 9 hrs (including 8 hours chilling time) **TO MAKE AHEAD:** Refrigerate dough (Step 1) for up to 1 day; store cookies airtight at room temperature for up to 2 days or freeze for up to 6 months. Microwave frozen cookies for 20 to 30 seconds.

The standard baking procedure combines liquid ingredients in one bowl and dry ingredients in another, but for these gluten-free cookies the dry ingredients are sprinkled right on top of the liquids so there's just one bowl to clean. Don't skip the step of refrigerating the dough. The oat flour needs time to hydrate or the cookies will be too dry and crumbly. Regular rolled oats work if you're not gluten-sensitive. (Photo: page 87.)

- 12 tablespoons (1½ sticks) unsalted butter, at room temperature
- 1 cup natural peanut butter
- ¾ cup packed light brown sugar
- 2 large eggs
- 1½ teaspoons vanilla extract
- 2½ cups gluten-free rolled oats
- 1 cup oat flour *(see Tip, page 116)*
- ¾ teaspoon ground cinnamon
- ¾ teaspoon baking soda
- ½ teaspoon salt
- 10 ounces Medjool dates, pitted and chopped (about 1½ cups; *see Tip, page 116*)

1. Beat butter, peanut butter and brown sugar in a large bowl with an electric mixer until very creamy. Add eggs and vanilla and beat until combined. Add oats and oat flour, then sprinkle cinnamon, baking soda and salt evenly on top; beat on low speed until almost combined. Fold in dates. Cover and refrigerate for 8 to 24 hours.

2. Preheat oven to 375°F; let the batter stand at room temperature while the oven heats.

3. Roll slightly rounded tablespoons of dough into balls (about 1-inch) and place 2 inches apart on an ungreased baking sheet. Press with a fork to flatten into 2-inch-wide cookies.

4. Bake the cookies until starting to brown on the bottom, 8 to 10 minutes. Let cool on the pan for 2 minutes, then transfer to a wire rack to cool for about 10 minutes more.

MAKES: 3½ dozen cookies (1 cookie each)

CAL 133 / **FAT** 7G (SAT 3G) / **CHOL** 18MG / **CARBS** 15G / **TOTAL SUGARS** 9G (ADDED 4G) / **PROTEIN** 3G / **FIBER** 2G / **SODIUM** 75MG / **POTASSIUM** 82MG.

Chocolate Zucchini Brownies

ACTIVE: 20 min **TOTAL:** 3 hrs 50 min (including 3 hours cooling time) **TO MAKE AHEAD:** Store airtight at room temperature for up to 3 days.

OK, we're cheating here a teeny bit. This isn't a one-bowl dessert, it's a one-pot dessert. The batter is stirred together right in the saucepan used to melt the butter and chocolate—no mixing bowl needed. (Photo: page 87.)

- 8 tablespoons (1 stick) unsalted butter
- 4 ounces unsweetened chocolate, chopped
- 1 cup granulated sugar
- ¼ teaspoon salt
- 1 cup shredded zucchini
- 2 teaspoons vanilla extract
- 2 large eggs
- 1 cup white whole-wheat flour
- ¾ cup chopped semisweet chocolate *or* chocolate chips
- ⅔ cup toasted pecans, coarsely chopped, divided (optional)

1. Preheat oven to 350°F. Line an 8-inch-square baking pan with foil, letting it overhang on the sides; coat with cooking spray.

2. Melt butter in a large saucepan over medium-low heat. Remove from heat, add unsweetened chocolate and stir until melted. Add sugar and salt; stir until well combined. Stir in zucchini and vanilla. Add eggs, one at a time, vigorously mixing after each addition. Fold in the flour until almost incorporated. Fold in chopped chocolate (or chips) and ½ cup pecans (if using) until just combined. Transfer the batter to the prepared pan, spreading evenly. Sprinkle with the remaining pecans (if using).

3. Bake until the sides look dry and the middle is firm to the touch, about 30 minutes. Let cool completely, then lift out of the pan using the foil. Cut into 16 squares.

SERVES 16: one 2-inch brownie each

CAL 220 / **FAT** 12G (SAT 8G) / **CHOL** 39MG / **CARBS** 25G / **TOTAL SUGARS** 17G (ADDED 17G) / **PROTEIN** 3G / **FIBER** 2G / **SODIUM** 49MG / **POTASSIUM** 128MG.

Apricot-Strawberry Tart

ACTIVE: 30 min **TOTAL:** 2½ hrs (including 1 hour cooling time) **TO MAKE AHEAD:** Refrigerate crust mixture (Step 2) for up to 2 days; refrigerate tart for up to 1 day.

EQUIPMENT: 9- to 10-inch springform pan

Strawberries and apricots are one of the season's best sweet-tart combinations, but use 3 cups of any sliced summer fruit or berries that inspire you. Although this is technically a tart, it bakes best in (and is easiest to serve from) a springform pan instead of a classic tart pan. (Photo: page 85.)

- 1½ cups white whole-wheat flour
- ½ cup almond flour *or* almond meal *(see Tip, page 116)*
- 7 tablespoons granulated sugar, divided
- 1 teaspoon lemon zest
- ½ teaspoon salt
- 6 tablespoons cold unsalted butter, cut into small pieces
- 3 large egg yolks
- 1 teaspoon vanilla extract
- ⅓ cup strawberry *or* apricot preserves
- 1½ cups sliced fresh apricots (½-inch)
- 1½ cups sliced fresh strawberries (¼-inch)

1. Preheat oven to 425°F. Coat a 9- to 10-inch springform pan with cooking spray.

2. Combine flour, almond flour (or meal), 6 tablespoons sugar, lemon zest and salt in a large bowl. Work butter into the flour mixture using a pastry blender, two knives or your fingertips until it's pea-sized. Make a well in the center of the mixture. Add egg yolks and vanilla and stir them into the dry ingredients with a fork until evenly mixed. Using your hands, crumble the mixture with your fingers until it's evenly combined and looks like coarse, crumbly wet sand. Set aside 1 cup for the topping.

3. Transfer the remaining mixture to the prepared pan; spread evenly and press firmly into the bottom to form a crust. Spread preserves over the crust with a small offset spatula or the back of a spoon. Make a slightly overlapping ring of apricots around the outer edge. Fill the center with a slightly overlapping layer of strawberries. Sprinkle with the remaining 1 tablespoon sugar, then with the reserved topping.

4. Place the tart on a rimmed baking sheet. Bake for 30 minutes.

5. Reduce oven temperature to 325°. Continue baking until the fruit is bubbling and the top is starting to brown, 30 to 35 minutes more. Let cool on a wire rack for about 1 hour before removing the pan sides and cutting into slices.

SERVES 8: 1 slice each

CAL 315 / **FAT** 14G (SAT 6G) / **CHOL** 92MG / **CARBS** 44G / **TOTAL SUGARS** 22G (ADDED 17G) / **PROTEIN** 6G / **FIBER** 6G / **SODIUM** 157MG / **POTASSIUM** 163MG.

STYLING DAN BECKER; FOOD, PHILIPPINE SS. ALI (HOOPS)

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I didn't talk
for a very long time
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FOOD PHOTOGRAPHY BY
HELEN NORMAN

COOKWISE FROM TOP: MELANIE DUNEA; JASON HALEY; STAS EVAN BERKEL; LORENA GARCIA; TAGROUP STEVE GELATO; CHRISTINE HAN

LORENA GARCIA

Recipe inspiration: "I wanted to infuse ingredients from South America, in this case Peru. So I used *choclo* (a starchy variety of corn) as a main ingredient, in an approachable way. We all know mac and cheese, so I created my version of *mac con queso*."
Go-to way to cook: "Roasting or grilling—charring elevates the flavors of the vegetables."
Aha moment: "I realized I could infuse beet juice into something that I loved—*arepas* (corn cakes)."
Restaurants: Lorena Garcia Cocina at Miami International Airport; LorenaGARCIA Tapas at Atlanta International Airport
Cookbooks: *Lorena Garcia's New Taco Classics; Lorena Garcia's New Latin Classics*

HUGH ACHESON

As a kid: "I grew up with my Dad—he was a single father raising three girls and me. Vegetables were not really the focus of our meal but they were there."
At home: "Simple salads rule in my house. I love a nice, hyper-acidic vinaigrette and a ton of vegetables."
Underdog vegetable: "Celery—it has so much flavor! Braise it, blanch it, grill it."
Get inspired: "Go to a farmers' market and meet a farmer. Close the gap in how your food got to your table."
Restaurants: 5&10 and The National in Athens, Georgia; Empire State South and Spiller Park Coffee in Atlanta; The Florence in Savannah
Cookbooks: *The Broad Fork; A New Turn in the South*

APRIL BLOOMFIELD

Her favorites: "I love root vegetables and brassicas like broccoli and cauliflower. Swedes (rutabagas) and turnips are great."
Go-to way to cook: "I especially like roasting; it helps concentrate the flavors. If I make a Sunday roast, I'll also roast vegetables and have leftovers throughout the week. I also quite enjoy plain boiled vegetables with a little bit of salt."
Underdog vegetable: "Fennel Slow-roasted fennel is so sweet, delicate and floral."
Simple advice: "If you buy quality vegetables, you really don't need to mess around with them."
Restaurants: The Spotted Pig, The Breslin Bar & Dining Room, The John Dory Oyster Bar, Salvation Burger and Salvation Taco in New York City, Tosca Café in San Francisco
Cookbooks: *A Girl and Her Greens; A Girl and Her Pig*

SEAMUS MULLEN

Recipe inspiration: "When I was working in the Basque region of Spain, we had these beautiful spring peas that we would dress with lemon juice, olive oil and mint. I wanted to re-create that bright, fresh salad here."
Underdog vegetable: "Carrots can be pretty underappreciated, but a fresh one from the dirt with a little olive oil and sea salt can be amazing."
To step it up: "I present a single vegetable in multiple forms on the same plate: perhaps some raw, some roasted, some pickled, some steamed."
Fun fact: "I recently completed La Ruta de Los Conquistadores. It was one of the most crazy, challenging experiences of my life."
Restaurants: Tertulia, El Colmado and El Colmado Butchery in New York City; Sea Containers at Mondrian in London
Cookbook: *Hero Food*

MICHAEL SOLOMONOV

His favorite: "Eggplant forever! Cooked over charcoal, then simply sautéed with lots of garlic and olive oil and added to pasta sauce—that's the move."
Underdog vegetable: "I was completely unaware of the majesty of cardoons until I worked with them at Striped Bass in Philadelphia. Come to think of it, I should be eating cardoons much more often."
Fun fact: "When I was a kid, I was an origami champ. I still show off my skills every now and again, creating origami for a few unsuspecting guests at Zahav."
Restaurants: Zahav, Percy Street Barbecue, Federal Donuts, Dizengoff and Abe Fisher in Philadelphia
Cookbook: *Zahav*
Movie: *In Search of Israeli Cuisine*

VIVIAN HOWARD

Recipe inspiration: "My grandmother told me the more colorful a vegetable, the healthier it is. I've always been drawn to beets because of it I want to encourage people to think about beets beyond a component in a salad or as a pickle, and to eat the greens too."

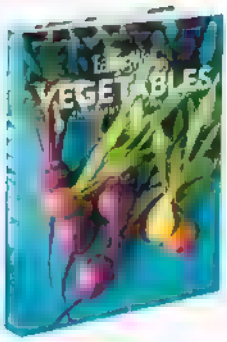
Her favorite: "Sorry to be so predictable, but tomatoes. no contest. Peeled, sliced thick, seasoned with salt and pepper, and slapped between two slices of white bread that's been slathered with Duke's mayo."

Underdog vegetable: "Okra. It's not just underrated. It's hated. For the past few summers I've been grilling them whole or splitting them lengthwise and roasting them."

Restaurants: Chef & The Farmer and Boiler Room Oyster Bar in Kinston, North Carolina

TV Show: *A Chef's Life*

Cookbook: *Deep Run Roots*



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Southern Beets & Greens with Chèvre Spoonbread

BY VIVIAN HOWARD

ACTIVE: 1 hr **TOTAL:** 1 hr

TO MAKE AHEAD: Prepare beets (Steps 2 & 7) and refrigerate for up to 3 days; reheat over low

I've made it my mission over the years to turn people on to the whole beet. Their greens have an earthiness you don't find in greens like kale or chard, and when cooked with garlic, they round out the sweet and sour notes of the glazed roots. If your beets have the greens still attached, you'll likely need more so buy extra beet greens or some chard just in case. **(Photo: page 99.)**

SPOONBREAD

- 2½ cups reduced-fat milk, divided
- 1 teaspoon sugar
- ¾ teaspoon kosher salt
- ⅛ teaspoon cayenne pepper
- ¾ cup cornmeal
- 3 tablespoons unsalted butter, at room temperature, cut into small pieces
- 3 large eggs, at room temperature, separated
- ¾ cup crumbled soft goat cheese

BEETS & GREENS

- 4 medium beets
- 2 medium oranges
- ½ cup red-wine vinegar
- 3 tablespoons honey
- ⅛-¼ teaspoon crushed red pepper
- ¼ teaspoon kosher salt
- 1 tablespoon cold unsalted butter
- 12 ounces beet greens *or* chard with stems (about 8 cups packed)
- 2 tablespoons extra-virgin olive oil
- 3 cloves garlic, thinly sliced
- ¼ cup dry white wine
- Pinch of kosher salt

1. Preheat oven to 375°F.

2. Peel beets and cut into ½-inch-thick wedges. Bring 1 inch water to a boil in a large saucepan fitted with a steamer basket. Add the beets, cover and steam until tender, 16 to 18 minutes.

3. To prepare spoonbread: Meanwhile, coat a 2-quart baking dish with cooking spray. Heat 2 cups milk, sugar, ¾ teaspoon salt and cayenne in a medium saucepan over medium heat until bubbling around the edges. Whisk in cornmeal and cook, stirring, until the mixture starts to pull away from the sides, 2 to 3 minutes. Remove from heat and whisk in 3 tablespoons butter, a piece at the time.

4. Whisk egg yolks and the remaining ½ cup milk in a large bowl until well combined. Whisk in goat cheese. (It's OK if the mixture is slightly lumpy.)

5. Beat egg whites with an electric mixer in a medium mixing bowl until soft peaks form. Whisk one-third of the cornmeal mixture into the yolk mixture. Gently whisk in the remaining cornmeal mixture. Switching to a spatula, gently fold one-third of the egg whites into the batter. Gently fold in the remaining egg whites. Pour the batter into the prepared baking dish.

6. Bake the spoonbread until puffed and golden brown in spots, but still slightly moist in the center, 30 to 35 minutes.

7. To glaze beets: Remove zest from 1 orange and squeeze enough juice from both oranges to get ½ cup. Combine the zest and juice with the cooked beets, vinegar, honey, crushed red pepper to taste and salt in a small skillet. Bring to a lively simmer over medium-high heat; cook, stirring occasionally and reducing the heat if necessary, until the liquid has the consistency of a glaze, 14 to 16 minutes. Remove from heat; swirl in butter. Cover to keep warm.

8. To prepare beet greens: Separate beet greens (or chard) from stems. Chop the stems and greens, keeping them separate. Heat oil, garlic and the stems in a large skillet over medium heat until starting to sizzle, then cook, stirring, for 1 minute. Add the greens, wine and salt; cook, stirring frequently, until tender, about 5 minutes.

9. Serve the glazed beets and beet greens with the warm spoonbread.

SERVES 8: ½ cup spoonbread, ⅓ cup beets & ¼ cup greens each

CAL 276 / **FAT** 15G (SAT 7G) / **CHOL** 94MG / **CARBS** 27G / **TOTAL SUGARS** 15G (ADDED 7G) / **PROTEIN** 9G / **FIBER** 3G / **SODIUM** 337MG / **POTASSIUM** 539MG

Sugar Snap Pea Salad

BY SEAMUS MULLEN

ACTIVE: 25 min **TOTAL:** 25 min

As soon as sugar snap peas show up at the farmers' market, I'm instantly happy. Sweet, crisp, snappy and sugary! This salad is all about the sugar snaps, plus a little Aleppo pepper for some heat, some creamy sheep- or goat's-milk cheese for richness and edible flowers for color. It's gorgeous, delicious and really tough not to love. **(Photo: page 97.)**

- 4 cups sugar snap peas (about 1 pound), trimmed
- 1 bunch radishes, trimmed
- ¼ cup torn fresh mint
- ½ cup soft sheep's-milk cheese, such as MitiCrema, *or* soft goat cheese
- ½ teaspoon salt
- Ground pepper to taste
- 2 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- Aleppo pepper for garnish *(see Tip, page 116)*
- Edible flowers for garnish

Cut snap peas in half lengthwise. Very thinly slice radishes into coin shapes or half moons. Toss the peas, radishes, mint and cheese in a large bowl. Season with salt and pepper, then toss with lemon juice and oil. Serve garnished with a sprinkle of Aleppo pepper and flowers, if desired.

SERVES 5: about 1 cup each

CAL 135 / **FAT** 9G (SAT 3G) / **CHOL** 7MG / **CARBS** 9G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 3G / **SODIUM** 316MG / **POTASSIUM** 294MG.

Roasted Carrots with Garlic Confit & Thyme

BY APRIL BLOOMFIELD

ACTIVE: 25 min **TOTAL:** 50 min

Jump-starting the browning on the stove helps bring out the carrots' sweetness. Once their flavor has concentrated in the oven and the carrots are fully tender—I'm not a fan of crunchy roasted carrots or those that are crispy outside and mushy inside—your job is done. The addition of butter, thyme, garlic and just enough lemon to perk up the palate is the whipped cream on the pudding. **(Photo: page 96.)**

- ½ cup medium garlic cloves (about 16), unpeeled
- 1 cup extra-virgin olive oil
- 30 small carrots (about the diameter of a finger), scrubbed
- 1 teaspoon Maldon *or* other flaky sea salt
- 1 tablespoon unsalted butter
- 4 fresh thyme sprigs
- 1 teaspoon lemon juice

1. Put garlic in a small saucepan and add enough oil to just cover it. Place over medium heat. Wait until you hear a quiet sizzle, then reduce heat to low. Cook, stirring occasionally, until they are very soft, 30 to 45 minutes. Remove the cloves with a slotted spoon and measure out 2 tablespoons of the garlic-infused oil. (Reserve the remaining oil for up to 1 month; use in salad dressing or to coat

STYLING: FRANCES BOSWELL (FOOD); AYESHA PATEL (PROP)

vegetables for roasting or grilling.)

2. Meanwhile, preheat oven to 500°F.

3. If your carrots have greens attached, trim off all but ½ inch of them. Add the 2 tablespoons garlic oil to a large ovenproof skillet and place over medium-high heat. When the oil is shimmering, add the carrots and sprinkle with salt. Cook, gently turning occasionally, until browned in spots, 3 to 4 minutes. Add butter and let it melt, then toss with the carrots. Add the garlic cloves, skins and all, and thyme. Transfer the pan to the oven.

4. Roast, stirring once halfway through, until the carrots are evenly tender, 10 to 15 minutes. Drizzle with lemon juice. Serve the carrots with the garlic cloves, squeezing the soft garlic from the skins as you eat.

SERVES 4: 1 cup each

CAL 190 / **FAT** 13G (SAT 3G) / **CHOL** 8MG / **CARBS** 17G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 4G / **SODIUM** 378MG / **POTASSIUM** 497MG

Asparagus & New Potatoes with Creamy Za'atar Dressing

BY HUGH ACHESON

ACTIVE: 45 min **TOTAL:** 45 min

TO MAKE AHEAD: Refrigerate for up to 2 hours.

This easy side shows off spring asparagus. Za'atar and yogurt pair magically to create a healthy and full-flavored dressing. A spice blend of sumac, sesame and herbs, za'atar is a Middle Eastern staple that works with a ton of foods. It's available in Middle Eastern markets and where other specialty spices are sold. To make your own: Blend 1 teaspoon each ground sumac, sesame seeds and dried thyme with ¼ teaspoon salt. (Photo: page 95.)

- 1 pound small new potatoes, scrubbed
- 1½ teaspoons kosher salt, divided
- 1 pound asparagus, trimmed
- ¾ cup low-fat plain Greek yogurt
- ¼ cup minced shallots
- 2 tablespoons za'atar
- 2 teaspoons lemon zest
- 1 tablespoon lemon juice
- 1 tablespoon cider vinegar
- ½ cup finely minced dill pickle
- ¼ cup chopped fresh dill
- ½ teaspoon ground pepper

1. Place potatoes in a medium saucepan and cover with 1 inch of cold water. Bring to a boil. Add 1 teaspoon salt to the boiling water. Reduce heat to medium and cook until the potatoes are tender when gently pierced with a knife, 12 to 14 minutes. Drain. Spread the potatoes out on a baking sheet and let cool for about 15 minutes. Halve or quarter them and transfer to a large bowl.

2. Meanwhile, place a large bowl of ice water next to the stove. Bring a large skillet of water to a boil. Add asparagus and cook until just tender, about 1 minute. Transfer the asparagus with tongs to the ice bath for 1 minute, then transfer to a clean kitchen towel to wick away some of the water. Cut the asparagus into 2-inch pieces and add to the bowl with the potatoes.

3. Combine yogurt, shallots, za'atar, lemon zest, lemon juice, vinegar and the remaining ½ teaspoon salt in a small bowl. Add the dressing to the asparagus and potatoes; toss well to coat. Add pickle, dill and pepper and toss again.

SERVES 6: 1 cup each

CAL 102 / **FAT** 1G (SAT 0G) / **CHOL** 2MG / **CARBS** 19G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 5G / **FIBER** 2G / **SODIUM** 320MG / **POTASSIUM** 367MG.

Peruvian Corn Gratin

BY LORENA GARCIA

ACTIVE: 35 min **TOTAL:** 1 hr

Peruvian corn, also known as choclo—a large-kernel, starchy (not sweet) variety of corn from the Andes—is one of my favorite ingredients. The kernel size and firm, chewy texture work so well in a creamy gratin. This recipe calls for fresh sweet corn because it is more readily available. If you find Peruvian corn at a Latin market, use it instead. (Photo: page 94.)

- ⅔ cup grated Parmesan cheese
- ¼ cup panko breadcrumbs, preferably whole-wheat
- 2 tablespoons extra-virgin olive oil
- ½ cup minced shallots
- 1 teaspoon minced garlic
- 4 cups fresh corn kernels *or* Peruvian corn
- ¾ teaspoon kosher salt
- ⅓ cup dry white wine
- ½ cup whole milk
- ½ cup mascarpone cheese
- 1 cup packed fresh spinach, chopped
- 1 cup sliced hearts of palm (½-inch-thick rounds)
- Zest of 1 lemon
- 1 teaspoon lemon juice
- 1 teaspoon ground white pepper

1. Preheat oven to 350°F.

2. Combine Parmesan and panko in a small bowl; set aside.

3. Heat oil in a large ovenproof skillet over medium heat. Add shallots and garlic and cook, stirring, until soft and fragrant, about 1 minute.

4. Add corn and salt; cook, stirring occasionally, until the corn is tender, 3 to 5 minutes. Add wine and reduce heat to medium-low. Add milk and mascarpone; stir until the mascarpone is melted. Stir in spinach, hearts of palm, lemon zest, lemon juice and white pepper. Bring to a simmer and cook for 2 minutes.

5. Remove from heat and top with the Parmesan mixture. Transfer the pan to the oven. Bake until the cheese is starting to brown, 20 to 25 minutes.

SERVES 8: about ⅔ cup each

CAL 282 / **FAT** 20G (SAT 9G) / **CHOL** 42MG / **CARBS** 20G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 8G / **FIBER** 2G / **SODIUM** 304MG / **POTASSIUM** 311MG

Asparagus Tabbouleh

BY MICHAEL SOLOMONOV

ACTIVE: 20 min **TOTAL:** 1 hr 40 min

TO MAKE AHEAD: Refrigerate, without feta, for up to 8 hours.

Asparagus has a short window of perfect ripeness, so I'm especially excited to make it sing in the spring. This tabbouleh recipe is very heavy on the parsley, a preparation often found in the Galilee in Israel. (Photo: page 98.)

- ½ cup bulgur
- 8 ounces asparagus, trimmed, very finely chopped
- 1 cup pomegranate seeds
- ¾ cup finely chopped fresh parsley
- ¼ cup finely diced red onion
- ¼ cup lemon juice
- ¼ cup extra-virgin olive oil
- ½ teaspoon kosher salt
- ½ cup crumbled feta cheese, preferably Bulgarian

1. Place bulgur in a medium bowl and cover with several inches of cold water. Let soak for 1 hour. Drain.

2. Combine the bulgur, asparagus, pomegranate seeds, parsley, onion, lemon juice, oil and salt in a large nonreactive bowl. Let stand at room temperature for 20 minutes or refrigerate for up to 8 hours. Serve topped with feta.

SERVES 6: ¾ cup each

CAL 193 / **FAT** 13G (SAT 3G) / **CHOL** 11MG / **CARBS** 17G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 3G / **SODIUM** 218MG / **POTASSIUM** 228MG.

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GRATIN RECIPE FROM LORENA GARCIA'S NEW TACO CLASSIC © ELLEBRA, 2015

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In 1980, the USDA released the first-ever dietary guidelines. There were seven simple rules. Today, the 53,000 words in the 2015 guidelines have been scrutinized and fought over by countless factions. Who really has our best health in mind?

By Georgina Gustin

Portraits of lawmakers in dark suits peered down from the walls as Agriculture Secretary Tom Vilsack and Sylvia Mathews Burwell, the secretary of Heath and Human Services, sat inside a congressional hearing room last October. From behind microphones, they braced for an onslaught of questions. Cameras clicked, papers shuffled, heavy doors opened and closed as lobbyists and journalists slipped into the room. Then, after an opening prayer, the hearing began.

For months, members of Congress had admonished Vilsack and Burwell about how their agencies had handled the Dietary Guidelines for Americans - the government's sweeping and hugely influential nutrition advice to the public about what to eat, which was due to be released within the year. Now the lawmakers had their chance to chastise the secretaries, face to face.

"You've lost credibility with a lot of people," said Rep. Collin Peterson, D-Minn., jabbing a finger toward them as he blasted them for, in his view, bungling the guidelines.

Peterson's barb was just one more salvo in a four-decade battle over the guidelines, and only the latest display of how that advice routinely gets hijacked by politics, thanks to a powerful food industry that throws its heft around Congress. The end result, many critics would say, are nutrition recommendations that promote certain sectors of the food industry rather than the health of the American people.

The guidelines have always been as much a political document as a scientific one. The October hearing was ostensibly about a general dissatisfaction with the way the guidelines are generated. But the real flashpoint was a report issued eight months earlier by an advisory panel charged with evaluating the latest nutrition science and making recommendations for what the guidelines should say. Among the panel's many recommendations was that the guidelines should consider

the environmental consequences of food production. More specifically, the report suggested that a diet lower in red meat and processed meat was not only more healthful, but better for the planet.

That report raised hackles in the livestock industry, already under fire for the environmental toll of its operations. Lobbyists, especially those working for cattle producers and meat processors, launched a full-scale offensive on Capitol Hill, with calls and letters to livestock-friendly lawmakers imploring them to quash the sustainability recommendation.

Some members of Congress attacked the work of the panel, officially called the Dietary Guidelines Advisory Committee (DGAC), accusing it of straying beyond its mandate to focus only on nutrition. Mike Conaway, R-Texas, chairman of the House Agriculture Committee, and Peterson, both from livestock-heavy states, asked Vilsack and Burwell to more carefully review the scientific reports. Then, concerned their message still wasn't getting through, they hauled the secretaries in for a public scolding.

"There has been a strong reaction to the Dietary Guidelines Advisory Committee report," Peterson said, adding, somewhat ominously, "Maybe we should reconsider why we are doing this."

In other words, if the government's nutrition advice threatens the multibillion-dollar livestock industry, maybe that advice should be scrapped altogether.

Battle lines

The dietary guidelines are reviewed, adjusted and re-released every five years based on the newest scientific evidence in the ever-evolving (and often contentious) field of nutrition research. The first guidelines, issued in 1980, were simple: seven easy-to-comprehend rules, such as avoid too much sugar and saturated fat. But since then they've devolved into a complicated and sharply politicized document, running hundreds of pages and with recommendations that, for better and for worse, influence more than $100 billion in government spending, the $5 trillion food industry and the diets of millions of Americans.

The process of producing the 2015 version of the guidelines (released in January 2016) was especially fraught. In 2012, the departments of Health and Human Services and Agriculture appointed 15 nationally recognized leaders in public health to its advisory committee. By law, the committee is required to review scientific papers (sometimes thousands) in developing recommendations for the departments to consider. The agencies, in turn, review public comments on those recommendations, conduct their own internal reviews and then release the final guidelines.

The most recent trouble began when the DGAC decided, for the first time, to designate a subcommittee to study the question of sustainability — a move that touched an already-frazzled nerve in the livestock industry.

Beef producers have fretted for decades as beef consumption in the U.S. plummeted amid concerns about red meat's potential

Improve
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Where the Dietary Guidelines Influence Your Life

One of the knocks on the guidelines is that few Americans adhere to them. Many don't even know what they are. The 2015 guidelines point out, in fact, that three-quarters of Americans still don't eat enough vegetables or fruit, and that half of adults have at least one diet-related chronic disease. Nonetheless, the advice impacts many parts of our food system.

FOOD-LABEL CHANGES: The first-ever recommendation for people to limit their added sugars to 10 percent or less of their daily calories (*see "More Eggs & Coffee, Please," page 108*) will likely translate into more explicit information on the much-anticipated new "Nutrition Facts" label. In 2014, the FDA proposed revamping the iconic label to include a line for added sugars. The next year, responding to nutrition advocates, the FDA proposed adding a Daily Value limit for added sugars. The food industry is fighting both moves. Now that the guidelines say to limit added sugars, the new label is likely to overcome industry pushback.

FOOD STAMPS: The guidelines influence billions of dollars in spending on nutrition programs, including the Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, which helps feed about 46 million Americans. SNAP provides enough calories to needy people, but nutrition advocates say it doesn't provide enough *healthy* calories. Under a new proposed rule, the USDA will require retailers that accept SNAP benefits to increase their healthy offerings, which will be steered by the new guidelines.

A WHAT-TO-EAT ICON: In 1992, the "Food Pyramid" was launched to give the general American public an easy visual reference representing the core recommendations. The meat and dairy industries, in particular, were unhappy saying the hierarchical symbol made their products seem inferior. In 2005, the government released a new dietary icon, MyPyramid, with colored wedges signifying food groups and a symbol of a person climbing the pyramid to cue people to exercise. In 2011, the icon morphed yet again, this time into MyPlate, an even simpler symbol encouraging Americans to eat more fruit, vegetables and grains, which still represents the guidelines. The MyPlate icon is typically used in educational materials, such as games, posters and workbooks.

SCHOOL MEALS: The National School Lunch and National School Breakfast programs feed more than 30 million kids. Over the last two years, school-lunch workers fought provisions in the existing law that called for more whole grains and less sodium in school meals, arguing that healthier items like whole grains cost more, but kids just throw them out. Their opposition suggests that any attempt to force schools to follow the dietary guidelines will probably be met with resistance.

FOOD-PRODUCT FORMULATIONS: Because food manufacturers take their cues from them, the guidelines ultimately

link to higher cholesterol, heart disease and colon cancer. In fact, the guidelines and their predecessors have targeted foods high in saturated fat from the start, going back nearly 40 years.

More recently the industry also has been besieged by accusations that raising beef is especially resource-intensive, requiring huge inputs of petroleum-based fertilizers to produce the grain that cattle are fed, and that the entire process, from feedlot to plate, damages soil, waterways and air quality. Now government advisers were not just flashing warning signals about beef's potential health downside, but also about the consequences of its production—a message that the livestock industry feared would further discourage people from eating meat.

In January 2014, the DGAC's sustainability subcommittee gathered in a vast, windowless room outside Washington, D.C., to discuss its findings at a public meeting. The members said that, based on their review of the science, the guidelines should instruct Americans to eat more plant-based foods and fewer animal products, and this would have the added benefit of encouraging a more environmentally sustainable diet.

Publicly, the subcommittee's work barely registered. Behind the scenes, though, the meat industry was mobilizing. And a year later, when the DGAC published its report in February 2015, the industry fired back, calling members of the committee "activists" bent on jeopardizing public health by denying people important nutrients in beef. The lobbying arm of the North American Meat Institute, which represents meat processors, launched a "Hands Off My Hot Dog" campaign, and meat-industry interests forged an alliance that pushed for more time to review the report and the public comments on it—more than 29,000 of them.

"There's scientific agreement that there are a variety of ways to eat a healthy diet, so now the question is where does red meat fit into a healthy dietary pattern?" said Shalene McNeill, Ph.D., R.D., of the National Cattlemen's Beef Association. "The biggest disagreement we have with the DGAC's work is that they never asked that question. Instead, they reviewed evidence where red meat is part of an unhealthy diet."

The clamor over sustainability eventually prompted a response from Congress, including the October hearing. But the night before the hearing, Burwell and Vilsack undercut much of the anticipated drama of the showdown, posting a blog in which they pledged that the final guidelines would not include the issue of sustainability.

Still, lawmakers used the hearing to take some political shots. "They were almost making fun of the expertise of some of the committee members," recalled Kathleen Merrigan, Ph.D., a former deputy secretary at the USDA who is now a professor of public policy and executive director of sustainability at George Washington University.

The DGAC members had been bracing for the pushback. "We knew it was going to be controversial," said Miriam Nelson, Ph.D., a nutrition professor at Tufts University at the time and head of the sustainability subcommittee. "The meat industry and the commodity industry, they have people in Washington who follow every bit of legislation, so they were all very poised and ready. And they know that the best thing you could do was discredit the science, discredit the scientists and deflect the issue."

The dirty business of good nutrition

When Burwell and Vilsack preemptively nixed sustainability from the guidelines before the hearing, it was a major victory for the livestock industry. But the industry still faced the possibility that the final guidelines would advise Americans to eat less red meat and processed meat for health reasons, as the advisory committee's report proposed.

As the due date for releasing the new guidelines approached, the industry's position took a very public hit when the World Health Organization issued a report saying red meat and processed meat increased the risk of colorectal

GUIDELINES BY THE NUMBERS

Advice Inflation

The first guidelines, issued in 1980, was a small, 10-page pamphlet with 7 simple recommendations. By 2015, the Dietary Guidelines for Americans swelled to 211 pages.

help shape the more than $500 billion in packaged foods and beverages sold annually in the U.S. When the government first recommended low-fat diets decades ago, food manufacturers responded with all manner of low-fat products. But critics have suggested they also amped up the sugar to compensate. If history repeats itself, the new sugar recommendation will likely spur a rash of reformulated "low-sugar" products—though who knows what the trade-off will be this time.

WIC: The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) feeds about 9 million pregnant or breastfeeding women, and children under the age of 5. For years, nutrition advocates pushed for recipients to get foods that aligned with the dietary guidelines, particularly because many WIC participants weren't meeting the nutritional goals of the guidelines. In 2014, after a drawn-out policy battle, the USDA mandated that WIC-provided foods hew to the guidelines as well as recommendations from the Institute of Medicine.

cancers by 17 and 18 percent, respectively

An important counterpunch soon followed. The prestigious science journal *BMJ* published an article by Nina Teicholz, a journalist and author of *The Big Fat Surprise: Why Butter, Meat & Cheese Belong in a Healthy Diet*. In *BMJ*, she argued that the DGAC had overlooked important new nutrition research and used "weak scientific standards" to evaluate the evidence it used in making its recommendations about meat and saturated fat.

"There have been, over the last five years, eight or nine review papers challenging the hypothesis that saturated fat causes heart disease," said Teicholz. "Why not review that science? Is there a bias to preserve the existing advice?"

Her article gave the livestock industry and its supporters in Congress ammunition. It also prompted 182 scientists to sign a letter calling on the journal to retract Teicholz's piece. The advisory committee itself issued a forceful rebuttal, calling the article "woefully misleading" and in some cases factually incorrect. (The journal did issue a correction, saying Teicholz had failed to emphasize a report that linked saturated fats and heart disease.)

Still, after the considerable political dust settled, the meat industry was left virtually unscathed. When the final guidelines emerged earlier this year, the recommendation to eat less red meat and processed meat was gone. Instead, Americans were advised to eat a "variety of protein foods," including lean meat, while men and teens were advised to lower their "overall intake of protein foods"—exactly the kind of mushy language critics of the guidelines have long decried. The sustainability provision, as promised, was also left out.

"If I were the meat industry I would break out the Champagne," Marion Nestle, Ph.D., M.P.H., a prominent nutrition professor at New York University and author, told *Politico*.

Despite the omission of sustainability and cutting the recommendation to eat less meat, many nutrition experts, including the DGAC, are celebrating the new guidelines. Among other victories is the recommendation to consume no more than 10 percent of your calories from added sugars. "The new [guidelines] have some important positive conclusions, the most important being the elimination of a restriction on an upper limit for total fat, which had been driving people to high-carbohydrate diets," explained Walter Willett, M.D., M.P.H., chair of the department of nutrition at Harvard's T.H. Chan School of Public Health. "The limit on added sugar is also important."

Still, Willett and others felt the agencies had again, as with previous guidelines, caved to political pressure. "I was disappointed," he said. "This corruption of the scientific conclusions by industry and political influences has many serious implications."

Serving two masters

The Department of Agriculture took on the job of creating the guidelines in the late 1970s, largely because half its

Struggles to Get Much Attention Should Never, Ever Be

Why Sustainability Belongs in the Guidelines

It was Miriam Nelson who urged the Dietary Guidelines Advisory Committee to look into sustainability—for the first time, and controversially. She ended up chairing the sustainability subcommittee. A longtime *EatingWell* advisory board member, Nelson recently became the director of the Sustainability Institute at the University of New Hampshire after more than 30 years as a nutrition professor at Tufts University. Here, we ask her about her thoughts on the process and outcome.

Why did you think sustainability should become part of the guidelines? Sustainability relates to food security, which has been a long-enduring theme of the guidelines. I feel strongly that the guidelines should be progressive, and when I say that, I mean they should be progressive with the science.

One of the criticisms of your subcommittee was that you weren't qualified to evaluate sustainability science. Similar to another subcommittee, we brought on two nationally recognized food-sustainability experts to help collaborate in the process. They went through the same rigorous vetting process we did to be on the committee.

How and why did you select the papers you reviewed? We decided there were two focus areas. One was to focus very narrowly on dietary patterns and the confluence of healthy eating and sustainable diets. The other area was around seafood. We had a framework we used, with exclusionary and inclusionary criteria, then we put that through the Nutrition Evidence Library. It's a very systematic and careful way to do a review, and it came up with 15 studies. The process followed the most rigorous, highest standard for reviewing the science to develop conclusions for the questions posed.

Behind each recommendation in the report there's a grade based on the strength of the science. Why did you give your conclusions a "moderate" rather than "strong" rating? That's a really good question. I would say that the committee overwhelmingly felt the science was strong enough to give it a "strong" recommendation, but this was a new area for the dietary guidelines and the research is mostly in the last 10 to 12 years. As scientists we're all very conservative, so we felt that for that reason it warranted a "moderate" strength. We originally had it as "strong," because all the studies came up with very similar conclusions.

Before the final dietary guidelines were released, Congress passed a spending bill that included a requirement that the National Academy of Medicine (NAM) conduct an external review of the dietary guidelines process. Will that review yield anything constructive? I'm an optimist. I've been on three different federal advisory boards and I believe that it's important to review processes like this. This is very expensive, it's taxpayer money, and we can always make this better. I believe Congress was motivated because they felt the private sector needed to have a voice. The problem is that many in the private sector have a conflict of interest. We need to make sure we keep a focus on the public's health. Although I'm disappointed that the recommendations to eat less meat, especially red meat and

budget at the time went to nutrition programs, including Food Stamps and school lunch. (Today that figure is closer to 75 percent.) Given the billions of dollars the department was spending on these programs, and the increasing evidence linking poor nutrition with chronic disease, department officials figured they should develop some sort of guidance informing what the government would, and would not, pay for.

"These programs were providing some good, nutritious food," recalled Carol Tucker Foreman, who was a driving force at the USDA behind the creation of the original guidelines. "But at the same time, a basic in the school breakfast program was the fortified Twinkie."

The first draft of the government's dietary advice, in 1977, explicitly said to eat less meat and reduce consumption of eggs and dairy. "The red-meat industry went into high gear to undo that, and that really set up the tone of the controversy" that persists to this day, Tucker Foreman said. The final guidelines, released three years later, dropped the recommendation on meat.

That the guidelines always retreat on the eat-less-red-meat advice isn't surprising given that the USDA has always had a conflicting mission. The USDA's primary functions include regulating the meat supply, running nutrition programs and promoting American agricultural commodities, of which red meat is by far the most valuable. Critics of the guidelines process say the department shouldn't have any role in crafting them because of this inherent conflict.

When the first guidelines came out in 1980, even though the direct assault on red meat had been cut, the meat industry was incensed at the government's recommendations to reduce fat and saturated fat. (Red meat and processed meat contain high levels of both, as do some dairy products and oils.) Many politically connected farmers felt betrayed by an agency that was supposed to promote their businesses.

The incoming agriculture secretary, John Block, a hog farmer from Illinois, publicly questioned whether it was the department's place to tell people what to eat. Responding to the controversy, Congress ordered that an outside panel of experts—what became the Dietary Guidelines Advisory Committee—would craft the guidelines going forward. In theory, the committee was supposed to operate beyond the reach of politics and the food industry. Over time, though, it didn't work out that way.

GUIDELINES BY THE NUMBERS

The Lobbying Frenzy

Corporate groups against the DGAC recommendations reportedly spent $15.3 million between April and June 2015. Organizations in favor of the recommendations spent $1.1M in the same 3-month period.

Nutrition guidance for the public

The first guidelines had seven pieces of advice: eat a variety of foods; maintain an ideal weight; avoid too much fat, saturated fat and cholesterol; eat foods with adequate starch and fiber; avoid too much sugar; avoid too much sodium; and if you drink alcohol, do so in moderation. The next three sets of guidelines maintained those recommendations.

By 2005, though, the guidelines had ballooned to 41 recommendations. This dramatic expansion, some argued, reflected deliberate attempts by the food industry to dilute the advice and confuse the public.

Marion Nestle, a member of the 1995 advisory committee, has written extensively about the food industry's efforts to blunt the guidelines by softening and generalizing the language. For instance, when the 2010 iteration of the guidelines appeared, she and other critics blasted them for relying on confusing acronyms and burying key details about sugar and fats in dairy and meat. "The previous guidelines obfuscated this issue by referring to SOFAS—solid fats and added sugar," Harvard's Willett noted, "and then deep in the document was a footnote saying solid fats were mainly from red meat and dairy."

This time around, the livestock industry broadened its attack to say that, by introducing the issue of sustainability, the DGAC had strayed beyond its mandate—and its

processed meat, and the work on sustainability did not make it into the final guidelines, I do believe the final guidelines promote public health.

Is there hope for sustainability making its way into dietary advice in the future? There are certain things that are really exciting. One is the unprecedented public engagement we saw this time around sustainability and the dietary guidelines—by advocates, the private sector, individuals, the NAM. We need that engagement to move this forward. We also need to continue expanding the science base, and we need to make a legal and business case for why it's in our best interest to consider sustainability. And we need to build consumer demand for this type of information.

74%

of Americans believe the dietary guidelines should include sustainability.

Source: Johns Hopkins Center for a Livable Future

expertise. It wasn't truly beyond their scope, though, proponents would argue: the DGAC tackled sustainable diets in an effort to address *long-term* food security. "The key element here is that food security has always been a central issue for the guidelines," Miriam Nelson said. "In fact, it was the reason they were developed in the beginning."

Plus, the DGAC has ventured into terrain that isn't strictly nutrition-focused before. For example, in 1995 the committee recommended that Americans get more exercise to combat growing rates of obesity—a recommendation that the guidelines ultimately adopted.

One thing everyone agrees on: the issue of a sustainable food supply is complicated and goes beyond meat. "The debate over the past year has really been too focused on meat consumption," said George Washington University's Merrigan, noting that livestock production is just one piece of a very complex food system and that other foods also pose serious environmental questions. Merrigan pointed to healthful but resource-depleting foods like almonds, which require an extraordinary amount of water to grow, and to some fish stocks that are being obliterated by overfishing.

Whether environmental considerations make it into the 2020 guidelines will, of course, still depend on politics. "The political pressure is so profound," Nelson said. "It'll take research, a legal case, political will, consumer demand and significant thought leadership to move this forward."

But there is evidence that some of those elements Nelson cites are shifting in sustainability's favor. Americans are indicating that they care—and largely because they have been getting a more holistic picture, in the media and elsewhere—about problems with the modern food system. The 2015 guidelines, for example, received 29,000 public comments, compared to just 1,400 in the last round five years ago. Concerns about what's in food and how it's produced are registering in the national consciousness, and in the marketplace, in unprecedented ways.

For proof, look no further than the growing response from the food industry: the move toward cage-free eggs, attempts to trim antibiotics, labeling GMOs, and so on, predominantly inspired by public demand. If the trend continues, it will be hard for the USDA to ignore the growing public concern over the environmental costs of food—and that could have the added benefit of improving public health.

So while the livestock industry and its allies will no doubt continue to try to keep sustainability out of future guidelines, they may find it a much harder sell to an increasingly tuned-in public. A recent survey by the food industry found that half of

Quinoa
Kale
Beans & Coffee

More Please

Though the cornerstones of the dietary guidelines remain the same—build your diet around fruits and vegetables, whole grains, low-fat dairy and lean protein—some new suggestions have cropped up. ***By Sally Kuzemchak, M.S., R.D.***

ENJOY YOUR EGGS: Limiting cholesterol to 300 mg daily was a key recommendation in the previous guidelines. But now that threshold is gone, replaced with a general caution that diets low in cholesterol are associated with less risk of heart disease. Their bottom-line advice: Watch your intake of foods that are rich in cholesterol and saturated fat, like fatty meats and full-fat dairy. But don't stress about eggs and shellfish, which contain cholesterol but not much saturated fat.

POUR YOURSELF SOME COFFEE: Research shows that up to 400 mg of caffeine a day can be part of a healthy diet, so the new guidelines greenlight as many as three to five 8-ounce cups of joe per day. But they do advise against coffee drinks that are loaded down with cream and sugar. And if you don't drink caffeinated coffee, there's no reason to start.

SCALE BACK ON SWEETS: For the first time ever, the guidelines set a daily limit on added sugar (the kind put into food, not the naturally occurring sugar in fruit and dairy). The cap: no more than 10 percent of your calories—or about 50 grams (12½ teaspoons) of sugar for a 2,000-calorie diet. Ideally those added sugars would sweeten already-nutritious foods, like whole-grain cereal and yogurt. The best place to cut back is swapping in unsweetened drinks for sugary beverages (soda, etc.)—the number-one source of added sugar. And you might be better off choosing water over diet soda. The guidelines note that the verdict is out on whether artificial sweeteners help with weight control.

EAT LESS PROTEIN, MEN: Although "eat less meat" didn't materialize into an overarching recommendation, dig deeper into the guidelines and you'll see that teen boys and men are told to scale back. They eat as much as 11 ounces more than the recommended weekly amount of meat, poultry and eggs. Why the worry? There's evidence that a diet lower in meat and processed meat and poultry (bacon and deli turkey) is associated with lower risk for heart disease, obesity, type 2 diabetes and some cancers. Guys, instead get more vegetables and sub legumes, nuts, seeds and seafood for some meat and poultry. Ladies, if, like men, you're eating 45 or so ounces of meat, poultry and eggs a week, heed this advice too.

Americans now say they consider health and wellness, safety, social impact and transparency when buying groceries.

"Some people are highly motivated to eat well because of nutrition and wellness; others are highly motivated around saving the planet," Merrigan said. "By bringing sustainability into dietary guidance there's the potential that more people will be interested in taking up that guidance."

The future of the guidelines

In the meantime, though, is there a realistic way to remove politics from the process of producing the government's dietary advice? Before 2005, the guidelines were written and released by the advisory committee without direct agency interference. But since then, the USDA and HHS make whatever changes to the committee's report they deem necessary, then release the guidelines without further input.

Walter Willett and others have advocated moving the process outside of government entirely. "The major problem is meddling by the food industry, often through their congressmen... or directly through the USDA," Willett noted. "It would be better to have the guidelines developed by a body that was more insulated from politics and industry influences, and rested only on the best available science. The National Academy of Medicine would probably be a better home."

Given the deeply partisan divide in Congress these days, it's difficult to say whether such a move is plausible anytime soon. Last fall, for instance, Congress passed a massive spending bill with a meat-industry-backed provision tucked inside that called for an external review of the dietary guidelines process to make sure it is based on science and a "consideration of all of the latest available research and scientific evidence."

Sounds reasonable. But, of course, "the scientific evidence and research about dietary guidance is always going to conflict and disadvantage some farmers and food producers, and benefit others," Carol Tucker Foreman said. In other words, one politician's "scientific evidence" is another's "biased activism."

GEORGINA GUSTIN *has written about the food industry, agriculture and food policy for the past decade. She is an editor at* Timeline.com. *This article was produced in collaboration with the Food & Environment Reporting Network, an independent, nonprofit news organization producing investigative reporting on food, agriculture and environmental health.*

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morsels

SMARTS FROM OUR TEST KITCHEN

Make summer-ripe berries last longer with the prep and storage tips on page 116.

LEIGH BEISCH; STYLING: DAN BECKER (FOOD); GLENN JENKINS TROPS

It's a Grill Thing

A well-made gas grill can last for years, so when you're in the market for a new one it's worth spending a little time to understand the different features. To help you get started, we made a list of gotta-have and good-to-have features. By Stacy Fraser

GOTTA HAVE

- **The right size:** To grill for 4 people, shoot for a 24- to 30-inch-wide grilling surface, at least 12 inches deep (or a minimum of 1 large dinner plate of space per person).
- **Stainless-steel body:** A solid stainless exterior is longer-lasting than other metals or coated metals.
- **High-quality grates:** Cast-iron, solid- or coated-stainless-steel grill grates retain heat the best.
- **Just-right power:** Go for about 35,000 BTUs for a 24- to 30-inch grilling surface—more BTUs use extra fuel, fewer might be too cool for high-heat cooking.

GOOD TO HAVE

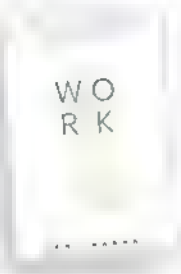
- **Infra-red technology:** Now common on many new grills, infra-red burners can create more intense, sustained heat with fewer flare-ups; a good feature when searing meat.
- **Side burner(s):** Great for heating up a sauce or side dishes while cooking the rest of the dinner on the main grill.
- **Multiple burners & a temperature gauge:** You need at least 2 individually controlled burners (3 to 4 are even better) to allow for direct and indirect grilling, plus an external thermometer helps regulate the heat.

This KitchenAid Gas Grill has all of our gotta-have features ($599; model 720-0745B)

THE ORGANIZER

Work Clean

A NEW BOOK SHOWS THE MAGIC OF *MISE EN PLACE*—IN THE KITCHEN & OUT



Riding the wave of the bestseller *The Life-Changing Magic of Tidying Up*, Dan Charnas's *Work Clean* (Rodale, 2016) examines the organizing system and philosophy of great chefs—*mise en place* ("everything in its place"). Charnas explains how to apply the technique in a home kitchen and why it's a helpful tool in all areas of home and office life. He quotes Chef Dwayne LiPuma, of the Culinary Institute of America in Hyde Park, NY, who captures the essence of *mise en place*: "By being organized, you will be more efficient. By being more efficient, you will have more time. By having more time..., you will be more relaxed....You will be able to accomplish the task at hand in a clear, concise, fluid motion." And if that's not enough to convince you to try *mise en place*—see below for another reason to tidy up. —*S.F.*

65 **The extra calories you might eat when you're stressed and your kitchen is a mess.**

In a recent study, researchers at the Cornell Food and Brand Lab found that stressed-out women sitting for just 10 minutes in a messy, chaotic kitchen ate twice as many cookies—about 65 extra calories—compared to those in an organized, calm kitchen. Although controlling stress could help curb overeating, "it's probably easier to just keep our kitchens picked up," said study co-author (and *EatingWell* advisor) Brian Wansink, Ph.D.

CLOCKWISE FROM TOP LEFT: ANDY LYONS; COURTESY RODALE BOOKS; COURTESY KITCHENAID

Reynolds Kitchens

Endless TABLE

TERIYAKI TUNA STEAKS

- 2 tuna or swordfish steaks (5 oz. each)
- 1 can (8 oz.) pineapple chunks in juice, drained
- 2 tablespoons teriyaki sauce
- 1/2 teaspoon grated fresh ginger
- 1/4 teaspoon salt
- 1 cup frozen mixed vegetables for stir-fry

DIRECTIONS

1. PREHEAT oven to 450°F or grill to medium-high.
2. CENTER one tuna steak on each sheet of Reynolds Wrap® Non-Stick Foil with non-stick (dull) side toward food; top with pineapple chunks. Combine teriyaki sauce, ginger and salt; spoon over tuna and pineapple. Arrange vegetables beside tuna.
3. BRING up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make two packets.
4. BAKE 16 to 18 minutes on a cookie sheet in oven OR GRILL 8 to 10 minutes in covered grill.

Reynolds Wrap

For more recipes
from the Reynolds Kitchens Endless Table
visit **reynoldskitchens.com** and
@reynoldskitchens

Crazy for Coconut

SNACK ON THIS

With a mission to make healthy, sustainable whole-food snacks, **Dang Coconut Chips** sources organic coconuts from small farmers in Thailand to make its irresistibly munchable, big-flaked coconut chips (*dangfoods.com*). The ***Original Recipe*** is a real standout and we're excited about the ***Lightly Salted*** variety with no added sugar. But it's the sixth flavor, ***Salted Cacao***, coming out this spring, that really has us hooked. Eat them right out of the bag (like we do), jazz up your yogurt or blend them into your favorite trail mix. —***Lucy M. Casale***

SHOP SMART

All Dressed Up

It's nice to have homemade salad dressing on hand, but c'mon, life gets busy and the convenience of store-bought sometimes wins. With the right dressing, you can take a plate of greens from dull to delightful. Here's how to pick one that doesn't undo the work of those veggies. —***Julia Westbrook***

Numbers to Look For

Serving Size:	2 Tbsp
Amount Per Serving	
Sodium	≤ 200mg
Sugar	≤ 3g
Fat	> 0g

NO FAT IS NO GOOD

The promise that "fat-free" is better for you is really outdated science. Research shows that your body needs some fat to absorb the healthy nutrients in veggies. To make matters worse, low-fat dressings often replace the lost flavor from fat with extra sugar. (*See how sugar may be worse than fat for cholesterol, page 36.*)

SIDESTEP SUGAR

While a touch of sweet is sometimes needed to balance the tang, bottled dressings can have way too much. We found some with over 2 teaspoons (8 grams) of added sugar per 2-tablespoon serving. That's like pouring syrup on your salad. That said, you may want to pass up dressings labeled "sugar-free" if you want to skip artificial sweeteners.

AVOID ADDITIVES

Dressings can have a long list of additives, ranging from benign thickeners, like xanthan gum, to questionable food dyes and downright unhealthy hydrogenated oils. With a little searching, you can find ones with clean ingredient lists.

DRESSINGS WE LOVE

- Marie's Yogurt Ranch
- Drew's Shiitake Ginger
- Marie's Chunky Blue Cheese
- Trader Joe's Romano Caesar
- Stonewall Kitchen Olive Oil & Balsamic
- Bragg Vinaigrette

LABEL WATCH

FOUND IN: Smoky-flavored packaged foods, such as BBQ chips and sauces; smoked deli meats, cheeses and fish; ground meat patties, jerky and tofu.

WHAT YOU NEED TO KNOW: Made by condensing real wood smoke into a liquid, which is then filtered and concentrated, this additive can be labeled as "natural flavor" or "natural smoke flavor" on ingredient lists. What food manufacturers use is similar to the bottled "liquid smoke" that's called for in recipes and available in most supermarkets near steak sauces and marinades.

Because the smoking process can produce carcinogenic compounds, foods with added smoke flavor and those smoked in a traditional smokehouse should all be consumed in moderation. However, some research has shown that added smoke flavor contributes fewer carcinogens than does traditional wood smoking.

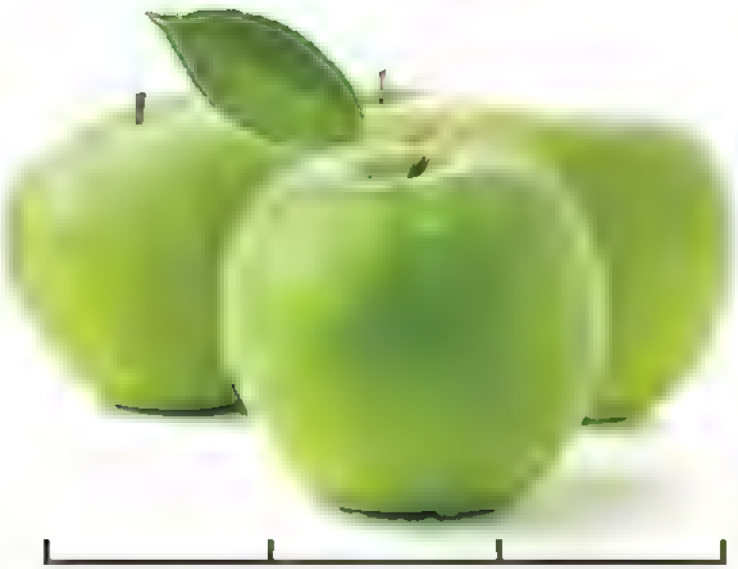
BOTTOM LINE: Smoke flavor is considered a safe, natural additive deemed of "lower" concern by the Environmental Working Group. And, it may even be safer than traditionally smoked foods.

—*Anne Treadwell*

HOMEMADE HOW-TO Learn to make your own salad dressings with recipes at eatingwell.com/webextra

JIM WESTPHALEN, STYLING: BRIANA LAI, FOOD: MOLLY VELTE (PROPS)

GEICO.



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1) Use the broad side of a knife to crush the clove and loosen it from the skin.
2) Remove the skin, then trim root end. Finely chop or mince the garlic.
HOW TO MAKE GARLIC PASTE
MARINADES • DRESSINGS
Garlic paste adds great garlic flavor without the bite.
3) Sprinkle the chopped garlic with a generous pinch of salt
4) Use the broad side the knife (or a fork) to press and smear until it's a paste.

TIPS & NOTES

Find **fresh sauerkraut** *(p.81)*, made from purple or green cabbage, near refrigerated pickles. Compared to shelf-stable kraut, it contains probiotics, such as *Lactobacillus acidophilus*. Plus, it has super-crunchy texture and fresh taste.

For the best flavor and texture, use **Medjool dates** *(p.90)* in cookies and other baked goods. They're the largest and most luscious date variety. Look for them in the produce department or near other dried fruits.

Named for the Syrian town, crushed dried **Aleppo pepper** *(p.100)* has a moderate heat with a hint of fruity tang. Use it as you would other crushed chile peppers. Find it in specialty markets and from online spice purveyors.

We use gluten-free flours, such as **oat flour** and **almond flour or meal** *(p.90)* recipes—gluten-free or not—to layer in extra flavor and texture. Look for them near other specialty flours; store in the freezer.

"What's the best way to store fresh berries?"

N. WILLARD, TRAVERSE CITY, MI

Fresh berries are the most delicious during the summer, so haul in the bounty! They're one of the most perishable fruits, so it pays to know how to store them.

Remove fresh berries from their container and sort them as soon as you can. Eat any gently bruised ones right away—they're super-ripe and the tastiest. Compost any that show signs of mold.

Skip washing until you're ready to use them. Washed too soon and berries absorb the moisture and start to rot.

Then, decide how *long* you want to store them, so you can pick *where* to store them.

1 DAY **Keep at room temperature:** If you're planning to use all your berries in a day, just keep them in a shallow container on the counter—room-temperature berries have the best flavor.

5 DAYS **Store in the refrigerator:** Berries will stay fresh for about 5 days when stored at temperatures between 36° and 40°F. Returning them to their original packaging after sorting is fine, but they'll stay fresh longer if moved to a shallow container where they can be spread into a single layer instead of stacked; loosely cover with a clean towel.

1 YEAR **Go for the freezer:** When you have a lot of berries, they'll last the longest in the freezer. Lightly rinse and gently but thoroughly pat dry. (For strawberries, remove the hulls.) Place on a tray and freeze in a single layer until solid; then transfer to airtight containers.

STACY FRASER TEST KITCHEN MANAGER

Send your questions to askus@eatingwell.com

CLOCKWISE FROM TOP: KABLA CONRAD (4); ALEKSIKA/DOLLAR PHOTO CLUB; EMMA DIBBEN (4)

Promotion

GET FIT, HAVE FUN, BUILD A HEALTHIER GENERATION

JOIN OUR TEAM IN 2016!

Rev3 Triathlon
Williamsburg, VA
July 10

Ragnar Trail Appalachians
Big Bear Lake, WV
August 12-13

Rev3 Triathlon
Cedar Point, Sandusky, OH
September 10-11

The Bank of America Chicago Marathon
Chicago, IL
October 9

TCS New York City Marathon
New York, NY
November 6

- Gain Access to Sold-Out Races
- Help Combat Childhood Obesity
- Benefit from Professional Training
- Give Back and Make a Difference

ALLIANCE FOR A HEALTHIER GENERATION

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teamhealthiergeneration.org

recipe index NUTRITION ANALYSIS

		45 MIN OR LESS	BUDGET	CALORIES	FAT/SAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)	LOW-CAL	HEART-HEALTHY	VEGETARIAN	VEGAN	GLUTEN-FREE	DAILY VALUE (20%+) CALCIUM (%)	FOLATE (%)	IRON (%)	VITAMIN A (%)	VITAMIN B_{12} (%)	VITAMIN C (%)
BREAKFAST																			
68	Baby Kale Breakfast Salad with Bacon & Egg	■	■	262	22/4	6	2	345	■	■			■				77		74
68	Baby Kale Breakfast Salad with Quinoa & Strawberries	■	■	330	20/3	31	6	186	■		■	■	■		36		96		179
68	Baby Kale Breakfast Salad with Smoked Trout & Avocado	■	■	275	23/4	9	5	461	■	■			■		25		97		105
66	Salsa Scrambled Eggs	■	■	369	13/5	46	6	320	■		■		■						
SNACKS																			
66	Lime & Parmesan Popcorn	■		113	5/1	14	3	244	■		■		■						
66	Pretzels with Dark Chocolate & Peanut Butter	■		169	4/1	24	1	314	■		■		■	30				21	
66	Raspberry Yogurt with Dark Chocolate	■		82	2/1	10	2	25	■	■	■		■						
APPETIZERS																			
77	Agedashi Salmon with Snow Peas, Shiitakes & Salmon Roe			196	9/1	14	1	358	■				■					41	
50	Cucumber Cups with Deviled Ham Salad	■		38	2/0	3	0	209	■	■			■						
83	Salmon Tartare	■		137	8/1	0	0	159	■	■			■					54	
SALADS																			
50	Chopped Jicama Salad	■	■	121	7/1	13	6	269	■		■	■	■						38
52	Grilled Romaine with Avocado-Lime Dressing	■	■	69	5/1	5	3	225	■	■	■		■		24		104		
52	Spring Pea Salad with Strawberries	■		179	13/3	12	5	263	■		■		■		40		69		86
100	Sugar Snap Pea Salad	■		135	9/3	9	3	316	■		■		■				26		104
SIDE DISHES																			
101	Asparagus & New Potatoes with Creamy Za'atar Dressing	■		102	1/0	19	2	320	■		■		■						
101	Asparagus Tabbouleh			193	13/3	17	3	218	■		■								31
101	Peruvian Corn Gratin	■	■	282	20/9	20	2	304			■						21		
100	Roasted Carrots with Garlic Confit & Thyme	■	■	190	13/3	17	4	378	■		■		■				117		21
100	Southern Beets & Greens with Chèvre Spoonbread			276	15/7	27	3	337			■		■				42		33
VEGETARIAN MAIN DISHES																			
44	Grilled Polenta & Vegetables with Lemon-Caper Vinaigrette	■		397	22/3	41	9	555			■	■	■				33		102
66	White Bean Spread with Fennel & Carrot Slaw	■	■	367	15/5	59	10	665	■		■		■		34		130		126
FISH & SEAFOOD																			
81	Grilled Salmon with Watercress Salad & Buttermilk Dressing	■		279	14/3	11	2	568	■	■							22	81	39
46	Linguine with Creamy White Clam Sauce	■	■	382	15/3	46	9	371	■	■						22			
82	Seared Salmon, Morels & Fava Beans with Green Goddess Sauce	■		540	24/4	46	18	388					■	22	91		42	83	44
56	Shrimp & Vegetable Red Rice Salad	■	■	328	17/4	30	3	522	■	■			■				52		36
83	Slow-Roasted Salmon with Soy-Caramel Sauce, Carrot Puree & Crispy Leeks	■		432	23/7	23	4	452					■				347	81	
CHICKEN																			
58	Broccoli-Bacon Chicken Salad		■	195	12/2	9	1	371	■				■						24
48	Chicken Mole Tacos		■	460	20/4	35	7	496	■	■			■			24	35		
59	Classic Dill Chicken Salad		■	190	13/2	6	1	327	■	■			■						
59	Creamy Buffalo Chicken Salad		■	175	12/3	4	1	551	■				■				55		
58	Italian Pesto Chicken Salad		■	209	16/3	3	1	358	■				■						
70	Jalapeño Popper-Chicken Panini	■	■	407	18/6	27	4	639	■										
60	Lemon & Herb Chicken Kebabs		■	291	16/4	10	2	545	■				■						69
58	Thai Chicken Salad		■	195	12/2	7	1	369	■				■						31
BEEF & PORK																			
55	Beef Chimichangas	■	■	390	17/5	36	5	683	■							23	32	23	
66	Grilled Flank Steak Salad with Ginger-Wasabi Dressing	■		411	16/3	36	6	631	■				■		44	28	253	20	51
64	Honey-Harissa Pork Tenderloin with Saffron Freekeh & Zucchini	■		444	15/2	46	9	711	■										33
DESSERTS																			
90	Apricot-Strawberry Tart		■	315	14/6	44	4	157			■					21			37
86	Blueberry-Lemon Ricotta Pound Cake		■	303	11/6	45	3	319			■					21			
90	Chocolate Zucchini Brownies		■	220	12/8	25	2	49	■		■								
90	Oatmeal Peanut Butter Cookies with Dates		■	133	7/3	15	2	75	■		■								
88	Upside-Down Cinnamon-Pecan Coffee Cake		■	288	18/6	30	3	248			■								

HELEN NORMAN STYLING; FRANCES BOSWELL (FOOD); AYESHA PATEL (PROPS)

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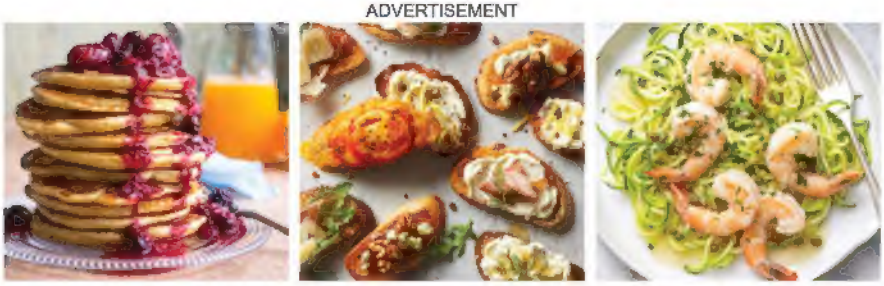

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Rolling Market

Leah Porter Driscoll is making Twin Cities food deserts fertile again

By Julie Kendrick

WHO SHE IS Leah Porter Driscoll grew up on an Iowa farm, but lacked fresh fruits and vegetables in her own diet. "We were a low-income family in a rural area," she recalls. "We relied on government assistance, free school lunches and a food bank, none of which included healthy options." What she didn't know then was that she grew up in a food desert, a place where residents have limited access to fresh food. Nearly 30 million Americans live in a food desert—a situation that has a large impact on one's health. "It's sadly ironic that our ZIP code determines our life expectancy," Driscoll says.

WHAT SHE DID While finishing a master's degree in nonprofit management at Hamline University in Minnesota, Driscoll decided to come up with a final project that tackled food deserts. "It seemed like a solvable problem to me," she says. She researched mobile grocery stores—tricked-out semis, buses and trolleys selling food in underserved neighborhoods in cities around the country. Driscoll thought it was a good solution for the Twin Cities. After she graduated, she sought a way to make her dream a reality. The Amherst H. Wilder Foundation, a health and human services nonprofit organization, greenlighted the Twin Cities Mobile Market, naming Driscoll its manager. She spoke to nearly 1,000 community members about food choices, locations and timing for market stops. An old transit bus was retrofitted with coolers and shelves and took to the streets.

WHY IT'S COOL The bus makes regular stops at 18 locations in some of St. Paul's poorest neighborhoods, allowing residents to rely on the Mobile Market for weekly groceries. It also brings food closer to where customers live, so they may not have to wrangle their groceries on public transportation. A second bus has just been added to serve Minneapolis sites. The project is already making a difference: recent surveys show 70% of Mobile Market shoppers have increased their consumption of fresh fruits and vegetables.

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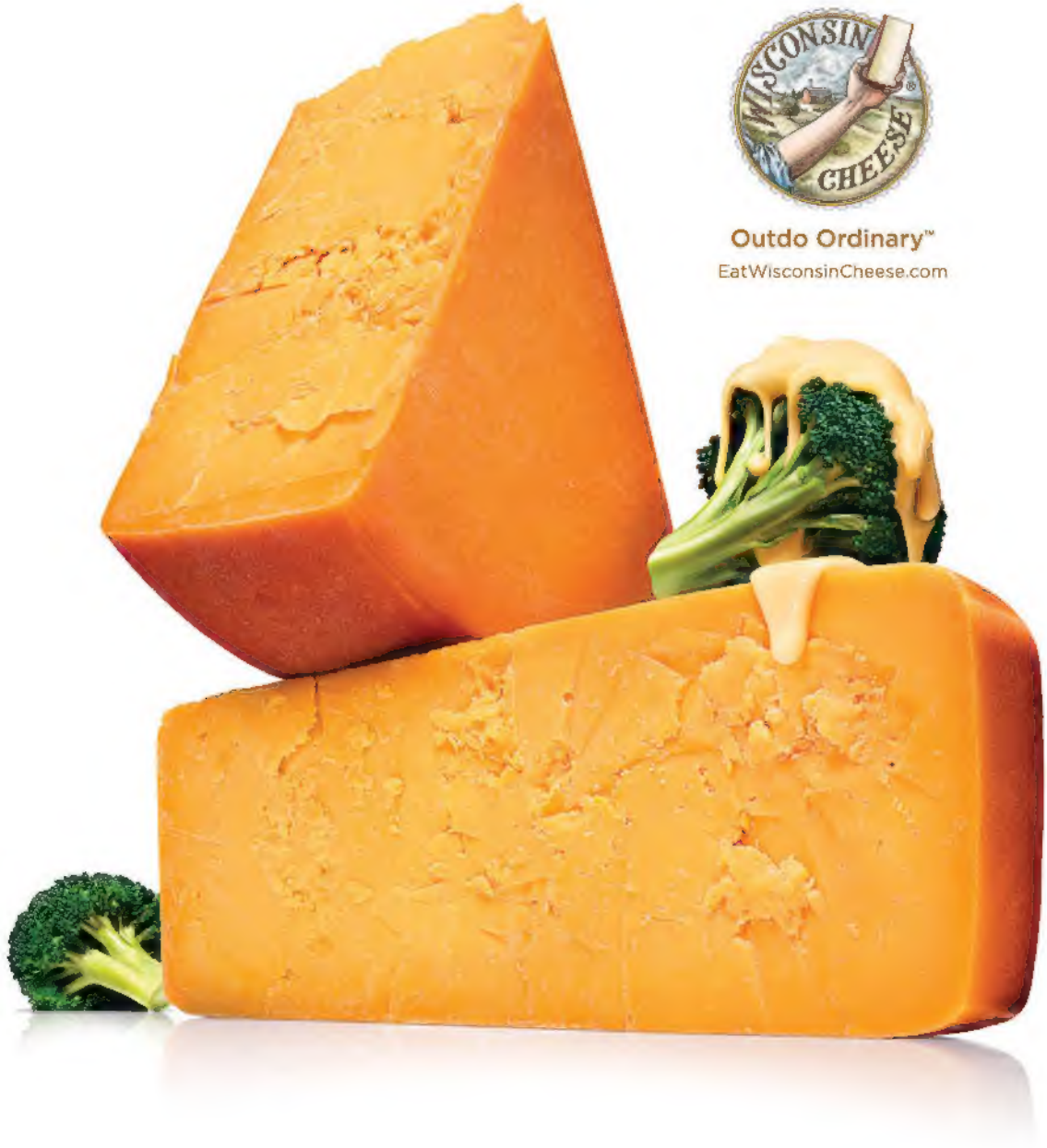
Show Broccoli How to Live a Little.



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